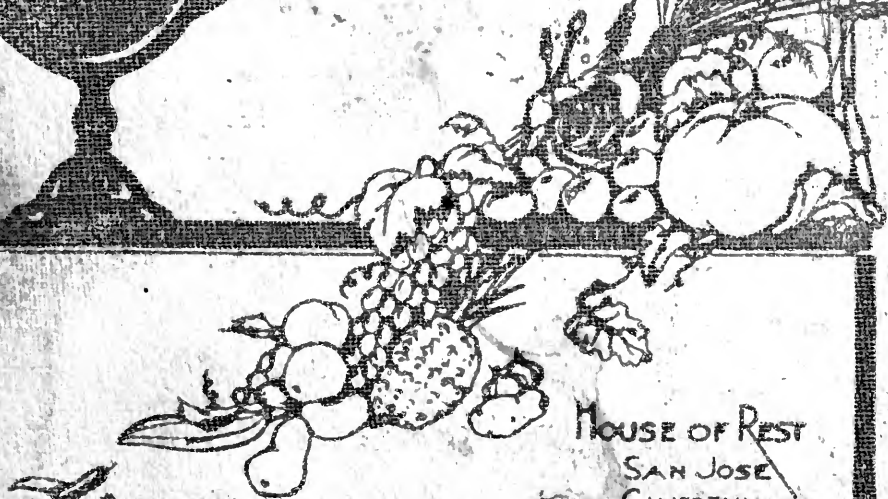


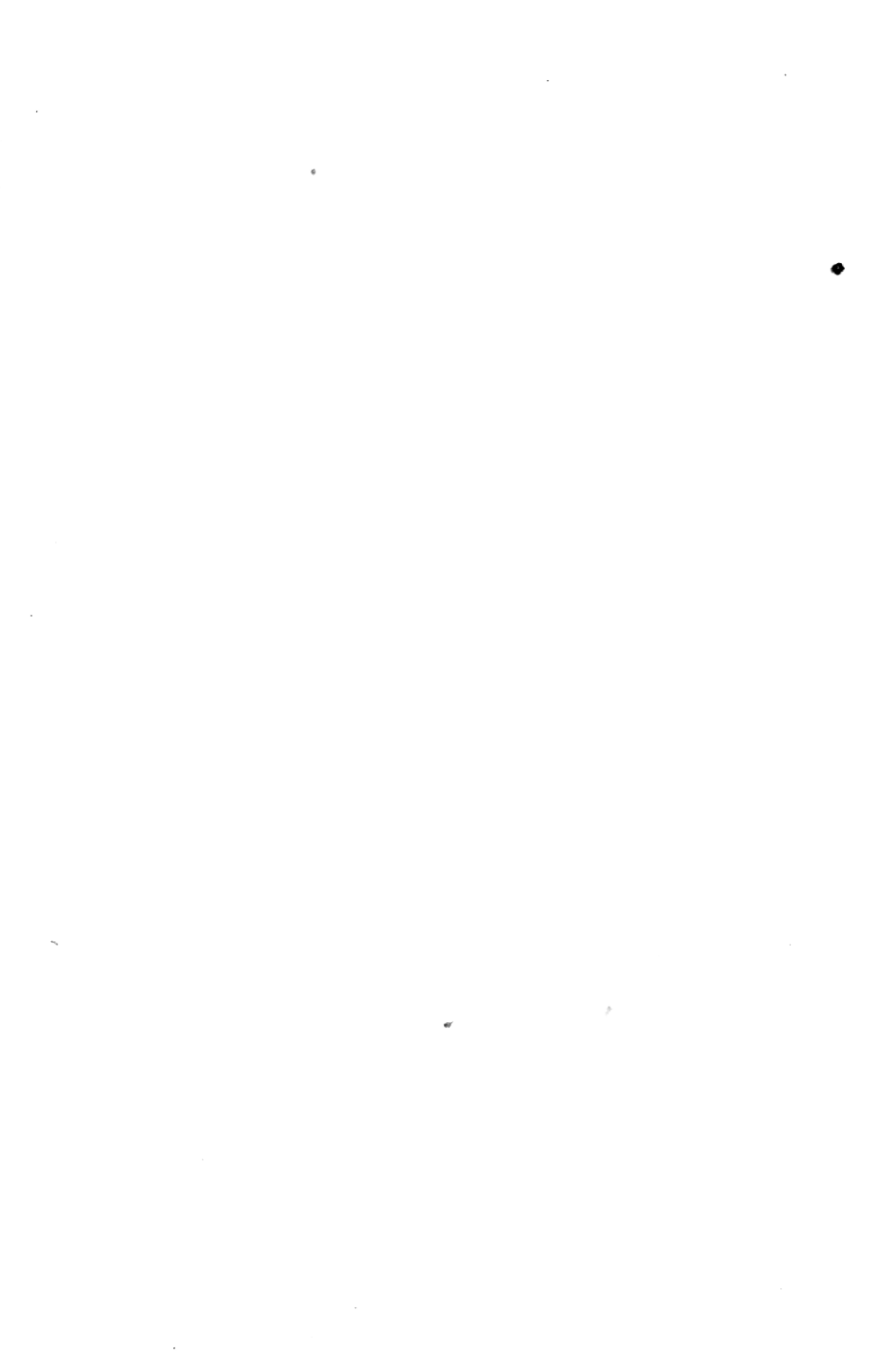
# Modern Meatless Cook Book



HOUSE OF REST  
SAN JOSE  
CALIFORNIA



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# MODERN MEATLESS COOK BOOK



Five Hundred Recipes for Preparing Foods,  
with Special Reference to Cooking  
Without Meat



SAN JOSE, CAL.  
HOUSE OF REST  
236 North Sixth Street

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# PREFACE

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AT the present time, when there is such a general demand for meatless recipes, it seems good to offer to the public a Cook Book compiled from recipes by practical cooks who for many years have made a study of meatless dishes.

For more than twenty years there has been an increasing tendency toward the eating of less meat, especially among those who have become interested in the new spiritual movements which lead the mind away from the materialistic view of life. When a change to a meatless diet is contemplated, the average housewife is at a loss to know what to cook. This problem has been satisfactorily solved. Nearly one hundred recipes will be found under "Meat Substitutes and Entrees," the result of the experience of those who have for many years successfully maintained a meatless diet. When properly prepared, these dishes will fully take the place of the meat course. They will be found to be both appetizing and nutritious. After becoming accustomed to this new diet the average person will not willingly return to the old.

In one of the sanatoriums, or rest homes, which have come forth in the development of modern Christian healing, a practically meatless diet has been maintained for several years. Numerous recipes were originated in the course of the work. The demand for these recipes from the guests at the House of Rest in San Jose, California, was the inspiration for a printed Cook Book. In developing the idea numerous sources were drawn upon, for the most part housewives and a number of the California Homes of Truth, in which the art of cooking without meat has long been practiced.

The first idea was to publish a Cook Book to supply the demand among Truth Students, but when the country found it necessary to conserve the food supply and meat substitutes became a necessity at every table in the land, the plan was broadened to include not only Truth students but all who might be interested in a MODERN MEATLESS COOK BOOK. Helpful suggestions to housewives who wish to comply with the requirements of the Conservation Committee concerning the making of bread without the exclusive use of white flour have also been given.

We thank the friends who have so willingly contributed their choicest recipes for this Cook Book.





## CHAPTER I.

# SOUPS

---

### BROSIA MEALS

Brosia Meals are of three varieties. Bean Brosia, Pease Brosia, and Lentil Brosia. They are made by steam cooking the beans, pease or lentils, freeing them from hulls and grinding. They are rich in protein. While beefsteak contains 20.3% of protein, Lentil Brosia contains 25.7%, Bean Brosia 22.5%, and Pease Brosia 24.6%. One pound of the meal is equal to two of the lentils, pease or beans. Brosia Meals may be obtained from The House of Rest, 236 N. 6th St., San Jose, Cal.

### VEGEX

Vegex is a pure vegetable extract having a distinctive and delicious flavor. It is manufactured abroad, and was brought to this country by a prominent vegetarian. Vegex has been analyzed by Professor Allyn of Westfield Board of Health; a sample is taken from each importation and analyzed by the United States Pure Food Department. Vegex is made in the form of a dark brown paste but contains no artificial coloring. It is put up in screw-top jars of convenient size and will keep practically any length of time. In many of the recipes in this book Vegex is given as a flavoring for soups, sauces, gravies and stews. May be obtained from local grocer.

### VEGETARIAN SOUP STOCK

A great variety of palatable and nutritious soups may be made without meat by using as a foundation the water in which rice, macaroni, or vegetables have been cooked. The water from carrots, turnips and spinach is not suitable for this purpose, but may be used for flavoring. Much depends upon the ingenuity of the cook in combining left over tidbits. The seasoning of the soup is an important part, for a change in seasoning lends variety to otherwise plain soups. There are several excellent vegetable extracts, such as Vegex and Kitchen Bouquet. Vegex is used in many of the recipes in this book and is treated in a separate

article. Seasoning such as bay leaf, thyme, celery salt, poultry seasoning, and onion salt should be kept on hand. It is best, however, not to use more than two or three of these at one time. Olive oil is an addition to soups made with water, but care must be taken to boil it well into the soup. Brosia meals, which are also mentioned in a separate article, are excellent for vegetarian soups.

### ASPARAGUS CREAM SOUP

1 tablespoon butter	$\frac{1}{2}$ cup milk
1 tablespoon flour	Yolks two eggs
4 cups asparagus water	

Melt butter and add flour. Cook a few minutes, then add water in which asparagus has been boiled. Mix milk with yolks of eggs, and add slowly to the soup. Season to taste. Serve with croutons.

### BARLEY SOUP

Outside of head of celery	2 $\frac{1}{2}$ quarts water
4 tablespoons pearl barley	2 tablespoons butter
1 onion	Salt

Boil the celery, barley and onion for several hours. Rub through coarse strainer and put in the other ingredients. Also add gravy left from string beans or other vegetables.

### BREAD STICKS

Cut slices of stale bread into sticks and toast. Serve with soup.

### BARLEY CREAM SOUP

4 tablespoons pearl barley	1 onion
1 $\frac{1}{2}$ quarts water	1 tablespoon flour
1 quart celery water	$\frac{1}{2}$ teaspoon Vegex
1 cup cream	2 tablespoons butter
1 cup milk	Salt

Boil barley and onion for several hours in the water, rub through coarse strainer. Add the celery water, milk, Vegex, butter and salt. Thicken with the flour and put in cream. When celery is cooked as a vegetable save the water or if preferred celery may be boiled with the barley and onion.

**WHITE BEAN SOUP**

1½ cups white beans (uncooked)	2 tablespoons butter
2½ quarts water	1 tablespoon scraped onion
1 gill cream	Salt

Soak beans overnight, parboil, then cook for several hours in one quart and half of water. Season with salt, butter and onion. Add another quart of water, cook until it begins to thicken, add cream and serve.

**BROWN BEAN SOUP**

2 cups cooked brown beans	1 head celery (outside stalks)
1 onion	1 tablespoon olive oil
1 turnip	1 tablespoon butter
1 carrot	Salt
3 tomatoes	

Cut vegetables into small pieces, add beans and one and one-half quarts water. Boil and rub through strainer. Add about one quart water in which dinner vegetables have been boiled. Put in other ingredients and serve.

**LIMA BEAN SOUP**

1 cup cold rice	1 quart or more milk
1 quart cold Lima beans	1 tablespoon butter
	Salt to taste

Put beans and rice through colander and add butter, milk and seasoning. Let simmer fifteen or twenty minutes, bring to a boil and serve.

**BEAN SOUP**

1 quart cold beans	1 quart milk
1 can tomato soup	Butter, salt

Put the beans through the colander and mix with the tomato soup. Bring to a boil and pour in the milk, let simmer a few minutes and serve.

**CELERY SOUP**

1½ quarts celery water	1 cup cracker crumbs
5 potatoes	1 cup chopped celery
1 onion	(cooked)
1 quart milk	3 tablespoons butter
	Salt and celery salt

Cut into small pieces the stalks of two heads of celery and boil. Reserve enough of the celery to serve with cream gravy as a vegetable. Chop remainder of celery, put back into kettle, add potatoes, onions, cut into small pieces. Boil and rub through coarse strainer. Add other ingredients, season and serve.

**CREAM OF CELERY SOUP**

3 cups celery	3 level tablespoons butter
2 cups boiling water	3 level tablespoons flour
3 cups milk	Salt
½ onion	

Cut celery in one half inch pieces, cook in boiling water until soft, rub through strainer. Place milk in double boiler with onion and bring to boiling point. Melt butter, add flour and stir into this the hot milk after removing the onion, cook five minutes, add celery water and salt. Serve with croutons.

**CREAM OF CORN SOUP NO. 1**

1 can corn	3 level tablespoons butter
1 cup boiling water	3 level tablespoons flour
1 quart milk	1 teaspoon salt
1 slice onion	

Chop corn, add water, boil fifteen minutes, rub through colander. Bring milk and onion to boiling point in double boiler. Melt butter, add flour and boiling milk from which onion has been removed, cook five minutes, add salt, combine with corn mixture and cook five minutes longer.

**CREAM OF CORN SOUP NO. 2**

1 quart canned corn	2 tablespoons butter
4 cups milk	1 tablespoon flour
2 level tablespoons grated cheese	Salt

Pour milk over corn and bring to a boil. Remove from fire, strain, but do not mash through strainer. Blend butter and flour, stir into soup. Bring to boiling point, add cheese and salt.

Corn should not be mashed and may be used for fritters.

**CREAM OF CORN SOUP NO. 3**

- |                            |                      |
|----------------------------|----------------------|
| 1 can corn                 | 3 tablespoons butter |
| 1 quart milk               | 2 tablespoons flour  |
| 1 tablespoon chopped onion | Yolks of 2 eggs      |
|                            | Salt and pepper      |

Put the corn in a kettle with the milk, place in cooker for two hours or more. Fry the chopped onion in butter, add the flour and stir till it is a smooth paste. Add this to the corn and milk and cook ten minutes, stirring constantly. Season with salt, pepper and paprika. Put in double boiler to keep hot, and just before serving add the yolks of eggs, well beaten.

**CREAM TOMATO SOUP**

- |                |                      |
|----------------|----------------------|
| 1 can tomatoes | 2 tablespoons butter |
| 1 onion        | 1 tablespoon flour   |
| 1 quart milk   | Salt, pinch of soda  |

Stew the tomatoes and sliced onion together fifteen minutes and strain. Stir a tablespoon of flour into a little water and add to tomato and season with salt. Have the milk boiling, add a little soda to the tomatoes and then stir in the boiling milk and serve. Should not be allowed to boil after milk and tomatoes are put together.

**CROUTONS FOR SOUP**

Cut bread into inch cubes and toast in a moderate oven, or fry in oil or butter.

**DUMPLINGS FOR SOUP**

- |                      |                 |
|----------------------|-----------------|
| 3 tablespoons butter | 5 soda crackers |
| 3 eggs               |                 |

Cream butter and eggs, add cracker crumbs and mix well. Let stand one hour, drop into boiling water or soup. Cover closely and boil fifteen minutes.

**GREEN PEA SOUP**

- |                  |                            |
|------------------|----------------------------|
| 1 can green peas | 1 slice onion (if desired) |
| 2 cups water     | 2 tablespoons flour        |
| 2 cups milk      | 2 tablespoons butter       |
| 1 teaspoon salt  |                            |

Drain peas from liquor and cook in water fifteen minutes, rub through strainer. Bring milk and onion to boiling point. Melt butter, add flour and boiling milk from which onion has been removed, boil five minutes and add to pea mixture and season.

**LENTIL BROSIA MEAL SOUP NO. 1**

2 large tomatoes	3 rounded tablespoons Lentil Brosia Meal
$\frac{1}{2}$ onion	
2 tablespoons olive oil	$\frac{1}{2}$ cup cold water
2 quarts vegetable stock.	2 tablespoons butter
	Salt

Fry tomatoes and onion in oil, add vegetable stock—water saved from vegetables, mix Lentil Brosia with cold water, add and boil one half hour. Vegex may be added if desired.

**LENTIL BROSIA MEAL SOUP NO. 2**

3 tomatoes	2 tablespoons olive oil
1 turnip	1 tablespoon butter
2 carrots	2 tablespoons Brosia Lentil Meal
1 onion	
2 tablespoons rice	$\frac{1}{2}$ teaspoon Vegex
2 or 3 sprigs of parsley	Salt and celery salt

Cut vegetables into small pieces, add rice and boil in one and one-half quarts water. Strain and add one and one-half quarts water which has been drained from dinner vegetables, rice or macaroni. Put in other ingredients and boil one-half hour in order to thoroughly cook lentil meal. Wet lentil meal in cold water before putting into soup.

**MOCK TURTLE SOUP**

To a can of Campbell's Mock Turtle Soup, add two cups of cream and one cup of milk. Season with salt and pepper.

**OATMEAL SOUP**

$\frac{1}{2}$ cup oatmeal	1 onion
1 head celery (outside stalks)	2 tablespoons oil
$\frac{1}{2}$ cup tomato pulp	$\frac{1}{2}$ teaspoon Vegex
1 carrot	2 tablespoons butter
1 turnip	Salt

Cut the vegetables into small pieces, add oatmeal and boil for two or three hours in about two quarts of water. Rub through coarse strainer, then through a finer one if desired. Add other ingredients, more water if needed, season and serve.

**CREAM POTATO SOUP**

- |                         |                           |
|-------------------------|---------------------------|
| 2 quarts of water       | 1 pint of sweet milk      |
| 5 medium-sized potatoes | Yolks of 2 eggs           |
| 4 medium sized onions   | Butter the size of an egg |
| 2 tablespoons flour     |                           |

Put the water into a kettle, pare wash and slice potatoes, chop onions; put into the kettle of water and boil until tender; then put through colander. Add more milk if needed; beat the yolks light and add to the milk, with the flour previously rubbed to a smooth paste with a little cold milk. Stir this into boiling soup. Butter, pepper and salt to taste.

**POTATO SOUP**

- |                     |                |
|---------------------|----------------|
| 3 carrots           | Lump of butter |
| 3 big onions        | Pepper         |
| 6 potatoes          | Salt           |
| 1 pint boiling milk |                |

Boil vegetables in three pints of water. When soft, mash through colander until you have enough to make as thick as cream, then add a good lump of butter, pepper and salt to taste; add one pint of boiling milk or more and serve at once. A little cream adds much.

**PEA BROSLIA MEAL SOUP**

- |                      |                              |
|----------------------|------------------------------|
| 1 quart hot milk     | 1 quart water                |
| $\frac{1}{2}$ onion  | $\frac{1}{2}$ cup pease meal |
| 2 tablespoons butter | Salt                         |

Slice onion very thin and cook lightly in butter. Stir all the time and do not brown, when light yellow in color add water, salt and pease meal wet in cold water. Beat in and stir cooking twelve minutes. Add hot milk, let come to a boil and serve.

**PUREE OF LIMA BEANS**

Wash carefully 1 pound of lima beans, cover well with boiling water, keep kettle covered and cook for two hours, then slip the skins off the beans, return to fire and cook about twenty minutes. Add to this smooth paste two cups of white sauce. Should the soup be too thick add milk or a little cream. Use White Sauce No. 2.

**PUREE OF SPLIT PEA SOUP**

Soak 1 cup of peas overnight. In the morning put on to boil, adding small onion cut fine. Let boil about two hours. Strain through potato ricer. Add one cup cream or rich milk, salt and pepper. Heat and serve.

**SOUBISE SOUP**

Combine white sauce, onion and macaroni, add one and one-half cups water in which onions were boiled, and enough milk to make six cups. Heat in double-boiler and rub through a sieve. Season with salt and pepper and reheat. Garnish with thin rings of cooked macaroni.

**TOMATO CELERY SOUP NO. 1**

- |                     |                          |
|---------------------|--------------------------|
| 1 head celery       | 2 quarts canned tomatoes |
| 3 or 4 small onions | Bay leaf, salt, pepper   |

Cut stalks and leaves of celery fine, add onions cut into small pieces, cover with water and let come to a boil. Place in fireless cooker overnight. When ready to serve, strain the tomatoes into the soup, season with salt, pepper, bay-leaf and butter, bring to a boil and serve.

**TOMATO CELERY SOUP NO. 2**

- |                      |                             |
|----------------------|-----------------------------|
| 1 can tomatoes       | 1 slice onion               |
| 1 quart water        | 2 tablespoons rice          |
| 1 small head celery  | $\frac{1}{2}$ teaspoon salt |
| 2 tablespoons butter |                             |

Wash the celery and cut into inch pieces and cook until tender with the tomatoes, onion and water, then strain through a colander, return to the stove, add rice and cook slowly until rice is soft. Add butter.

**VEGETABLE SOUP**

- |                           |                            |
|---------------------------|----------------------------|
| $\frac{1}{3}$ cup turnips | 1 large tomato             |
| $\frac{1}{3}$ cup carrots | 2 tablespoons butter       |
| $\frac{1}{2}$ onion       | 1 tablespoon olive oil     |
| 1 cup celery              | 1 teaspoon chopped parsley |
| 1 cup potatoes            | 1 quart water              |
| 1 cup bean stock          |                            |

Put the vegetables through a meat grinder, using the coarse knife. Add the water, salt and olive oil and boil fifteen minutes on top of the stove, then place in the fireless cooker for an hour. Fifteen minutes before serving remove from cooker, add bean stock, butter and parsley.



## CHAPTER II.

# FISH

---

### BAKED SALMON

- |                     |                           |
|---------------------|---------------------------|
| 2 pounds fish       | 2 tablespoons butter      |
| 1 cup tomato catsup | 1 teaspoon Worcestershire |
| 1 small carrot      | Sauce                     |

Wash fish, salt and flour well, put into deep baking dish, place butter on top, add carrots chopped fine, over this pour catsup and Worcestershire Sauce. Bake one hour, baste often. Serve in same dish in which it is baked.

### CLAM CHOWDER

- |                         |                      |
|-------------------------|----------------------|
| 3 medium-sized potatoes | 3 small cans clams   |
| 1 small onion           | 1 quart milk         |
| 1 pint water            | 2 tablespoons butter |
| 4 soda crackers         | Salt                 |

Boil potatoes cut into cubes, and onion sliced fine, in one pint of water. Add liquor from clams, also milk and butter. Five minutes before serving add clams and season to taste. Add crackers crushed fine. For variety, this chowder can be made without milk by adding a little celery and carrot chopped fine.

### CODFISH BALLS

- |                      |       |
|----------------------|-------|
| 2 cups potatoes      | 1 egg |
| 1 cup salted codfish |       |

Cut potatoes into small pieces. Shred codfish. Boil together until potatoes are soft. Drain and mash. Add egg and drop from spoon into hot crisco. Turn carefully with a fork. Do not flatten balls. Fish should not be freshened. If mixture is too soft add a spoonful of flour.

### CREAMED CRAB

- |                             |                          |
|-----------------------------|--------------------------|
| 1½ pints milk               | 1 can crab meat or fresh |
| 2 heaping tablespoons flour | crab                     |

Heat milk in double boiler, add butter, salt and thicken with

flour. When thickened, add crab minced and cook a few minutes. Serve on crackers, which have been heated in oven, rich biscuit in halves, or in pastry shells.

### CREAMED FISH

- |                          |                     |
|--------------------------|---------------------|
| 1 pint cold fish, minced | 2 eggs              |
| 1 pint milk              | 1 tablespoon butter |
| 3 tablespoons flour      | Salt, pepper        |

Place minced cold fish in baking-dish and pour cream over it and bake fifteen minutes. Make cream as follows: Thicken milk with flour previously mixed with cold water, add pepper, salt and butter. Heat and pour over minced cold fish. Garnish with hard-boiled eggs sliced.

### FRIED SOLE

Wash thoroughly and dry with a cloth. Flour well and dip in egg slightly beaten. Fry in plenty of crisco. Place on platter garnished with parsley. Serve with Tartar Sauce.

### FINNAN HADDIE

Wash well, put flesh side down in baking pan, cover with cold water and bring to a simmer. Drain, rinse with cold milk and bake half hour. Five minutes before taking up, dot with butter and sprinkle with pepper and leave in oven until butter melts.

### HOMINY AND FISH

Layer of cooked hominy, layer of cooked fish until baking dish of desired size is full. Cover with White Sauce No. 1, sprinkle with bread crumbs which have been fried in butter, and bake one-half hour in moderate oven. Ground peanuts are a nice addition to this dish.

### KEDGEREE

- |                              |                               |
|------------------------------|-------------------------------|
| 2 cups cooked fish, and kind | 4 tablespoons butter          |
| 1 cup cooked rice            | $\frac{1}{4}$ teaspoon pepper |
| 1 teaspoon salt              | 2 hard boiled eggs            |

Melt butter, add the flaked fish, then the other ingredients and stir over stove until hot. If too dry add a little milk.

**OLIVETTES**

- |                     |                          |
|---------------------|--------------------------|
| 1 pint ripe olives  | 1 heaping teaspoon flour |
| 1 small can oysters | Butter                   |
| 1 cup milk          | Salt, pepper             |

Put butter into sauce-pan, when melted, mix in flour, add milk, olives and liquor from oysters; boil a few minutes; add salt, pepper and oysters. Serve on toast.

**OYSTERS AND MACARONI**

- |                                                       |                                      |
|-------------------------------------------------------|--------------------------------------|
| 1 pint oysters                                        | $\frac{1}{4}$ cup butter             |
| $\frac{3}{4}$ cup macaroni broken<br>into inch pieces | $\frac{1}{2}$ cup dried bread crumbs |
| $\frac{3}{4}$ cup grated American<br>cheese           | $\frac{1}{2}$ teaspoon salt          |
|                                                       | $\frac{1}{3}$ teaspoon paprika       |

Cook macaroni until tender. Scald the oysters. Put layer about of oysters, macaroni, cheese and bread crumbs into buttered baking pan. Season each layer. Pour over all oyster liquor. Bake thirty minutes in moderate oven.

**SALMON CUTLETS**

- |                             |                                   |
|-----------------------------|-----------------------------------|
| 2 tablespoons butter, level | 1 teaspoon lemon juice            |
| $\frac{1}{2}$ cup flour     | $1\frac{3}{4}$ cups cooked salmon |
| 1 cup cold water salted     | Cracker crumbs                    |

Melt butter in saucepan, add flour, rub smooth with spoon, add cold water, stir constantly to prevent lumping. Remove from fire, add lemon juice and salmon. Have ready a platter of rolled cracker crumbs; drop spoonfuls of mixture on these, shaping with the spoon into cutlets. Sprinkle with crumbs and with pancake turner, put in buttered skillet and fry brown.

**SALMON LOAF**

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 2 pound cans salmon                 | $\frac{1}{2}$ teaspoon salt, level |
| 2 cups bread crumbs                 | Juice of $\frac{1}{2}$ lemon       |
| 2 teaspoons baking powder,<br>level | Parsley                            |
|                                     | Pepper                             |
| 3 eggs                              |                                    |

Flake salmon, add dry ingredients previously mixed, then slightly beaten eggs and lemon juice. Wrap in a greased cheese-cloth and steam forty-five minutes.

**SALMON TOMATO ASPIC**

2 pounds salmon	Mayonnaise dressing
1 can tomatoes	Lettuce
1 package Knox gelatine	Little parsley, onion, bay
1 cucumber	leaf, whole cloves, lemon

Boil salmon twenty minutes in enough water to cover, first seasoning water with salt, onion, one bay leaf, few cloves, pepper, slice of lemon, parsley and little sugar. Let get cold in this water. To a can of tomatoes add onion, bay leaf, cloves, pepper, salt and little sugar. Boil twenty minutes. Soak gelatine in cup cold water for twenty minutes. Strain tomatoes, add gelatine and pour into mold to jelly.

Place salmon and jelly on same platter. Garnish with lettuce, sliced cucumber and sprigs of curly parsley. Serve with Mayonnaise dressing.

**SCALLOPED SALMON AND SPAGHETTI**

½ cup spaghetti	1 tablespoon lemon juice
1 can salmon	Salt, pepper
1 cup thin white sauce	

Break spaghetti into short pieces, cover with boiling salted water and boil until tender. Free salmon from bones and skin. Place in buttered baking dish, layer about. Pour over all a cup of thin Cream Sauce, No. 1, to which add a little lemon juice. Cover with buttered bread crumbs and bake twenty minutes in moderate oven.

**SCALLOPED OYSTERS**

1 quart fresh oysters	2 eggs
1 quart milk	Salt, pepper
1 pound coarse cracker crumbs	Butter

Place in buttered baking dish layer about with cracker crumbs and oysters, seasoning each layer with salt, pepper and butter. Finish with fine cracker crumbs, pour over rich milk until it can be seen in dish. Bake in moderate oven.

**SCALLOPED CORN AND OYSTERS**

- |               |                      |
|---------------|----------------------|
| 2 cans corn   | 6 soda crackers      |
| 1 can oysters | Butter, salt, pepper |
| 1 pint milk   |                      |

Put in a baking dish layer about of corn, oysters and crackers. Season each layer with salt, butter and pepper. Moisten each layer with milk and oyster liquor. Bake in moderate oven for one-half hour.

**TUNA FISH CUTLETS**

Make like Salmon Cutlets using one small can of tuna instead of salmon.

**TUNA FISH CAKES**

- |                            |                             |
|----------------------------|-----------------------------|
| 1 small can tuna fish      | 1 tablespoon melted butter  |
| 2 cups hot mashed potatoes | $\frac{1}{4}$ teaspoon salt |
| 1 egg                      |                             |

Season the potatoes with the butter and salt, add the minced fish and egg unbeaten. Mix well and form into round cakes and fry. Codfish or salmon may be used in place of the tuna.

**TUNA LOAF**

- |                       |               |
|-----------------------|---------------|
| 1 can tuna            | 1 cup milk    |
| 2 cups cracker crumbs | Juice 1 lemon |
| 2 eggs                | Butter        |

Beat eggs, add milk, tuna, crumbs, seasoning and lemon last. Bake twenty minutes. Serve with Egg Sauce No. 1.

## CHAPTER III.

# MEAT SUBSTITUTES and ENTREES

---

### BAKED BEANS (VEGETARIAN STYLE)

2 cups small white beans	$\frac{1}{2}$ teaspoon ground mustard
1 teaspoon soda	$\frac{1}{2}$ teaspoon white pepper
1 level tablespoon salt	3 tablespoons olive oil
1 scant tablespoon molasses	3 level tablespoons butter
1 teaspoon sugar	Water

Pick over beans, cover with cold water and soak over-night. In morning drain, cover with fresh water, heat slowly and simmer about an hour or until skins will burst when exposed to cool air. Add soda, let foam for five minutes, drain off the water. Mix dry ingredients, add to this two cups of hot water, the molasses, oil and butter. Place beans in bean pot or pan for baking, add mixture and enough more boiling water to cover well. Bake in moderate oven from three to six hours. Remove cover the last hour so they may brown. Add water occasionally if needed.

### BEAN PATTIES

2 cups cooked beans	2 teaspoons lemon juice
$1\frac{1}{2}$ cups cooked rice	$\frac{1}{2}$ cup tomato
$1\frac{1}{2}$ cups dry bread crumbs	Onion salt, or scraped onion,
1 tablespoon oil	salt, etc.

Mix, form into patties or croquettes, fry in skillet in deep fat. Serve with or without Tomato Sauce. (Makes about 12 patties.)

**BEAN ROAST**

2 tablespoons butter	1 cup cooked white beans
$\frac{1}{2}$ onion	1 cup chopped walnuts
$2\frac{1}{2}$ cups broken bread	Water
1 teaspoon sweet marjoram	Salt, pepper
1 teaspoon parsley, chopped	

Mince onion, fry in butter, mix with bread previously moistened with water or the bean gravy, add other ingredients. This should be the consistency of poultry dressing. Shape as for veal loaf, bake thirty minutes. Serve with brown gravy or tomato sauce.

**KIDNEY BEANS WITH APPLE FRITTERS**

3 cup beans	1 small carrot, sliced
1 pint tomatoes	4 tablespoons oil
1 small onion	Salt, other seasoning to taste

Wash beans thoroughly, soak for two hours and pour off water, add other ingredients, cover with water and let simmer all day, or cook in fireless cooker all night. Serve on platter, garnish with Apple Fritters, recipe on page 22.

**LIMA BEAN ROAST**

$1\frac{1}{2}$ cups lima bean pulp	1 tablespoon olive oil
$1\frac{1}{2}$ cups bread crumbs	1 tablespoon butter
1 cup chopped walnuts (or part peanuts)	Salt, pepper, onion salt, sage
2 eggs	Milk to moisten

Mix and bake in oblong tin one hour. Turn out on platter, pour over it Tomato Sauce or gravy.

**MEXICAN BAKED BEANS**

1 pint red kidney beans	1 level teaspoon paprika
2 large tomatoes	2 tablespoons molasses
1 large onion	Butter or olive oil
1 large green pepper	Salt

Soak beans all night, add fresh water, parboil. Mince tomatoes, onion, pepper, add these with other ingredients, cover and bake for several hours.

**QUICKLY COOKED LIMA BEANS**

2½ cups water per 1 cup of beans	1 onion
1 carrot	2 tablespoons butter
	Salt and pepper

Lima beans are cooked as follows in forty-five minutes:

Cook the beans in boiling water for ten minutes, drain and rub off skins, add carrot, onion and water in proportion to two and a half cups water to one cup beans. Season generously with butter, salt and pepper. Keep closely covered. Cook over mild fire, for after removing skins beans will go to pieces easily.

**BROSIA PEASE MEAL PATTIES**

½ cup pease meal	⅓ teaspoon paprika
½ cup flour	½ teaspoon poultry seasoning
1 cup milk	¼ teaspoon onion salt
1 cup water	½ cup chopped walnuts
2 tablespoons butter	1 cup cornmeal bread crumbs
1 teaspoon salt	1 egg
1 teaspoon Vegex	

Melt butter in double boiler, add flour, stir smooth, add hot liquid and seasonings, then gradually the pease meal, stirring to prevent lumping. Cook fifteen minutes. Remove from fire, add crumbs, nuts and egg, form into patties, cover with cracker crumbs and fry in a few spoonfuls of crisco until brown. Garnish platter with Tomato Sauce and parsley.

**CHEESE SOUFFLE**

4 level tablespoons flour	½ lb. eastern cheese
½ cup cold milk	2 eggs
½ cup hot milk	½ teaspoon salt
4 tablespoons soft bread crumbs	Pepper

Mix flour and cold milk, add hot milk and cheese cut in small pieces and cook, stirring constantly. When thick and smooth, add yolks of eggs, crumbs and seasoning. Fold in well beaten whites. Bake in buttered dish one-half hour and serve at once.



**CHEESE TOAST**

1 cup eastern cheese	Salt
3 tablespoons butter	Eggs
2 tablespoons flour	

Melt butter in saucepan, stir in flour, chopped cheese, add enough milk to make the consistency of thick cream. Salt to taste. Serve on buttered toast with half of a hard-boiled egg in center of each slice.

**CHEESE CUPS**

Use recipe for Cheese Toast, add chopped olives if desired, and serve in Pastry Cases with half a hard-boiled egg in center. Cases may also be made from mashed potatoes rolled in shape of a ball, hollowed to form a cup, browned lightly in the oven.

**CHEESE PUFF**

3 level tablespoons flour	4 eggs
2 level tablespoons butter	Dash of cayenne
$\frac{1}{2}$ pint milk	Salt
$\frac{1}{2}$ pound grated cheese	

Rub butter and flour together in saucepan, add milk and stir over fire until smooth, add quickly the grated cheese. Take from the fire, drop in yolks of eggs, salt and cayenne, mix thoroughly, fold in the well beaten whites, turn into a casserole or baking dish, and bake in quick oven twenty minutes or until done. Serve at once.

**SCALLOPED CHEESE NO. 1**

6 or 8 slices buttered bread	4 eggs
$1\frac{1}{2}$ cups grated cheese	2 or 3 cups milk
(Vary according to strength of cheese)	Pepper, salt, paprika

Alternate layers of bread and cheese until dish is filled, seasoning each layer. Then beat eggs add milk and pour over top of dish. Bake in medium oven half an hour. Serves nine.

**SCALLOPED CHEESE NO. 2**

$\frac{1}{2}$ loaf stale white bread	1 pint milk
1 cup cheese	$\frac{1}{2}$ teaspoon salt
2 eggs	Butter, paprika

Place in a buttered baking dish, layer about, buttered bread

cut in squares, and cheese cut in thin slices. Season each layer. Pour over all milk mixed with beaten eggs. Bake in moderate oven half an hour. One pound of cheese is equal to two pounds of meat.

### CHEESE AND RICE.

2 heaping tablespoons butter and crisco	1½ cups milk
1 heaping tablespoon cornstarch	1 cup grated cheese
	3 cups cooked rice
	Salt

Blend over fire butter and crisco with cornstarch. When hot, but not brown, add milk, cheese, salt and pour over hot rice. Bake in moderate oven twenty minutes.

### CHEESE ROLLS

Cream a small amount of butter and eastern cheese—more cheese than butter, say a good tablespoon, season with paprika and a few drops of Worchester Sauce. Spread on thin slices of Pullman bread. Remove crusts and roll. Bake a rich brown. This makes a good supper dish.

### CHILI LA REINAS

(Queen of the Chilis)

6 long Chili peppers	2 eggs
½ pound New York cream cheese (a cheese that will melt)	4 medium-sized tomatoes
2 small green onions	1 tablespoon Worcestershire Sauce
(Dry onion can be used)	1 teaspoon lemon juice
¼ small garlic clove	Salt, paprika, flour

Test peppers before using to be sure they are mild. Scorch them black by laying directly in flame of the gas stove but do not burn the inside. Turn continually. Treat tomatoes the same but use more care to prevent burning. Throw both tomatoes and peppers into cold water until cool, and remove to drain board. Pare the scorched outside from peppers with a small sharp knife, and cut off stem and remove the seeds and wash the inside.

Chop the cheese into coarse crumbs, and the onions and garlic extra fine. Mix cheese, garlic, onions, and pour Worcestershire sauce, olive oil, lemon juice and paprika over mixture, stir

in thoroughly. Stuff the peppers with the above mixture. Close opening in peppers with two toot-picks at right angles.

Make batter by beating the whites and yolks of eggs separately, mixing them and beating in one tablespoonful of flour to make batter, salt to taste. Roll the peppers in this batter and fry in a covered pan for about three minutes on each side.

### Tomato Sauce

Rub off scorched outside of tomatoes, and stew in a frying-pan with about one-fourth inch of water till thoroughly cooked down, then strain through a fine sieve. Mix the remaining batter with the tomato sauce and fry in same frying-pan in which tomatoes were fried, for about three minutes. Salt to taste. Place peppers on a dish, pour sauce over them and serve.

### CANNED CORN CROQUETTES

1½ cups canned corn	½ small onion grated
1 egg, beaten	1¼ cups ground bread and
⅔ cup milk	cracker crumbs
1 tablespoon butter, melted	1 teaspoon salt
1 piece celery, grated	¼ teaspoon pepper
	Juice ½ small lemon

Mix ingredients in order given; shape into cylinders or balls, roll in extra dry bread crumbs, then dip in egg slightly beaten and diluted with two tablespoons of water, then in crumbs again. Let stand for an hour and fry in deep fat hot enough to brown a bit of bread in forty seconds.

### CORN LOAF NO. 1

½ dozen ears corn	1 tablespoon flour
3 eggs	Salt
1 cup milk	

Scrape corn from cob, mix with flour, add beaten yolks mixed with milk, and lastly well beaten whites. Bake in moderate oven.

### CORN LOAF NO. 2

5 ears corn	1 teaspoon salt
1 egg	¼ cup chopped pimento
1 cup milk	Paprika

Cut corn from cob, add beaten egg, milk, salt, paprika and pimento. Mix thoroughly, put into buttered casserole. Bake in a moderate oven about thirty minutes.

**LEFT-OVER CORN LOAF**

- |                             |                             |
|-----------------------------|-----------------------------|
| 1½ cups left-over corn loaf | 2 eggs                      |
| 1 cup salad macaroni        | 3 tablespoons grated cheese |
| ¾ cup tomato sauce          | Bread crumbs                |

Cook macaroni, add salt tomato sauce and cheese. When cool, mix with corn loaf, add one well beaten egg, paprika. Shape into balls. Dip balls into bread crumbs, then egg (one egg beaten with two tablespoons milk) and bread crumbs again. This forms crust so that balls will not soak fat. Fry in deep fat, very hot. Serve with or without sauce.

**CORN TAMALE**

- |                  |                      |
|------------------|----------------------|
| 1 quart corn     | ½ cup cornmeal       |
| ½ quart tomatoes | 2 tablespoons butter |
| 2 egg            | 1 cup stuffed olives |
| ½ cup milk       | 1 teaspoon salt      |
- Mix and bake one hour. Can be baked in ramekin dishes.

**DRIED BLACK-EYED PEAS**

Wash two cupfuls of peas, put into sauce-pan, cover with cold water. Cook for thirty minutes, add salt, two tablespoons crisco, two of olive oil, then cook for an hour and half. These peas resemble pink shell beans, and are more nutritious than common peas.

**CREAMED POACHED EGGS**

Place eggs in pan, and pour enough boiling water over them so eggs will be about two inches under water. Remove from fire, let stand from seven to ten minutes.

**EGG OMELET WITH PEAS**

- |                      |                    |
|----------------------|--------------------|
| 4 eggs               | 2 cups cooked peas |
| 2 tablespoons milk   | Salt               |
| 2 tablespoons butter |                    |

Beat the yolks and whites separately. Add milk to yolks, season, fold in the stiffly beaten whites. Fry slowly in butter. When brown turn one half over the other. Serve on platter surrounded with peas, which have been seasoned and slightly thickened. Serves five.

**BAKED OMELET**

4 eggs	Butter
1 cup milk	Salt
2 heaping tablespoons flour	

Heat milk, stir in flour smoothed in a little cold milk, cook a few minutes. Mix in beaten yolks of eggs, remove from fire, then fold in well beaten whites and pour into buttered baking dish. Bake about twenty minutes.

**TOMATO OMELET**

5 tomatoes	1 tablespoon butter or olive
2 onions	oil
1 clove garlic (if desired)	Salt, pepper
4 or 5 eggs	

Peel tomatoes, cut fine, add onions minced, garlic, butter or olive oil, salt and pepper. Cover tight, let simmer until tender. Drain off most of water. Beat eggs, stir into tomatoes until done. Serve hot.

**EGG CUTLETS**

3 tablespoons butter, level	$\frac{1}{4}$ tablespoon salt
$\frac{1}{3}$ cup flour	6 hard-boiled eggs
1 cup milk	Cracker crumbs

Melt butter in saucepan, add flour, milk and salt. Cook thoroughly about ten minutes. Remove from fire, add the hard-boiled eggs, cut rather coarse. Form into cutlets, cover with cracker crumbs and fry brown. Will serve six.

**EGG PUFFS**

Separate yolks and whites of eggs, keeping yolks whole. Sprinkle salt and pepper over yolks. Add pinch of salt to whites, beat until stiff. Drop whites from teaspoon on hot buttered griddle; lay a yolk on each spoonful of white and cover each with another spoonful of white. Turn quickly to brown on other side. Serve immediately.

**EGG PATTIES**

4 eggs hard boiled	$1\frac{1}{2}$ tablespoons flour
2 tablespoons butter	$\frac{1}{2}$ cup milk

Make sauce by stirring into hot milk, butter and flour creamed. Season. Cook thoroughly. While still hot put in chopped whites of eggs. While hot lay on a platter in little pat-

ties. Place half yolk of egg on each pattie. When cold and about to fry dip in egg batter, then in bread or cracker crumbs.

### ENGLISH SCRAPPLE

1 quart broken dry bread      1 teaspoon salt  
1 quart cold water              5 eggs

Break dry toast, French bread or slices of other bread into small pieces. Let stand in salted water over night. In the morning squeeze the bread quite dry, mix with eggs slightly beaten, and fry in oil or butter. Serve on a platter garnished with parsley.

### ENCHILADAS (A Mexican Dish)

1 pound Chile peppers              Olives  
1 pound eastern cheese              Thyme  
½ clove garlic                          Salt

#### Enchilada Sauce

Remove seeds from peppers, boil until tender, put through colander. Add garlic previously roasted, season to taste with thyme and salt. Heat fat very hot and fry sauce about five minutes.

#### Tortillas for same

3 cups flour                              Milk  
1 tablespoon crisco                      Salt

Blend flour and crisco, add enough milk to make batter and fry same as pancakes. Grate cheese, mince olives. Spread tortillas out flat, pour three tablespoons Enchilada Sauce over each one, sprinkle with cheese and olives, roll up, place in flat pan, pour sauce and cheese over them and put in oven until hot.

### APPLE FRITTERS

2 cups flour                              1 egg  
2 teaspoons baking powder      Butter size of egg  
¼ teaspoon salt                          Milk to make soft dough  
2 cups apple sauce

Sift dry ingredients together, rub in butter, add egg mixed with milk enough to make soft dough for rolling. Roll thin, cut with large biscuit cutter, moisten with milk the edges of half the number cut, and place in the center a spoonful of apple sauce. Cover with the remaining dough biscuits and press edges together with a fork. Fry in deep fat. These may be served with first course or as a dessert with pudding sauce.

**BANANA FRITTERS NO. 1**

- |                          |       |
|--------------------------|-------|
| 3 bananas                | 1 egg |
| 1 teaspoon baking powder | Salt  |
| 3 tablespoons flour      | Milk  |

Cut bananas in halves lengthwise, divide these slices in middle lay on plate, sprinkle with sugar and leave five minutes. Dip in batter, fry in deep fat. Place on platter and pour over them the following sauce:

**Sauce**

- |                     |                         |
|---------------------|-------------------------|
| 1 cup sugar         | $\frac{1}{2}$ cup water |
| 1 tablespoon butter | Juice of 1 lemon        |

Boil all together for ten or fifteen minutes.

**BANANA FRITTERS NO. 2**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 1 cup flour                      | $\frac{1}{2}$ cup or more of milk |
| $\frac{1}{2}$ teaspoon salt      | 2 eggs                            |
| 1 rounded teaspoon baking powder | 3 bananas                         |
|                                  | Crisco                            |
| $1\frac{1}{2}$ tablespoons sugar |                                   |

Mix flour, salt, sugar, milk, add eggs well beaten, then sliced bananas. Drop a tablespoonful at a time in deep hot crisco.

**RICE FRITTERS**

- |                         |                            |
|-------------------------|----------------------------|
| 1 cup boiled rice       | 1 teaspoon baking powder   |
| $\frac{1}{2}$ pint milk | Flour to make stiff batter |
| 2 or 3 eggs             |                            |

Mix ingredients together and fry in small cakes.

Hominy may be prepared same way.

**STRAWBERRY FRITTERS**

- |                    |                              |
|--------------------|------------------------------|
| 2 eggs             | $\frac{1}{2}$ cup cold water |
| 1 teaspoon salt    | 1 teaspoon baking powder     |
| 1 tablespoon sugar | 1 cup flour                  |
| 2 teaspoons oil    | 1 cup strawberries           |

Cut strawberries into quarters and let drain ten minutes. Beat yolks and whites of eggs separately. Add salt, sugar, oil, and water to yolks. Sift baking powder and flour, then add gradually to mixture. Add strawberries and fold in the whipped egg whites just before cooking. Fry by spoonfuls in deep crisco. Sufficient for twenty-six fritters.

**FRIED ARTICHOKEs**

1½ dozen artichokes	Butter
Flour	

Boil the artichokes and cool. Take out hearts, scrape off the soft part of leaves, dredge with flour, fry in butter or crisco. Make patties and fry. Artichokes may be served with fried potose, or with a gravy.

**GREEN PEA TIMBALES**

1 pint pea pulp	Salt
4 eggs	Pepper
2 tablespoons butter	Few drops onion juice
¼ cup cream	(if desired)

Mix pea-pulp with seasonings, cream, yolks, butter and last the well beaten whites of eggs. Pour into buttered cups, place in pan of hot water and bake twenty minutes, or until firm. Turn out on hot dish and serve with white sauce.

**GREEN SUMMER SQUASH WITH EGGS**

6 squash	1 clove garlic
4 eggs	1 spoonful grated cheese
1 medium-sized onion	2 tablespoons oil or butter
1 cup milk	

Fry onion and garlic in oil until almost brown, add squash, cut in square slices. Stir constantly to prevent sticking. Add milk, salt and pepper. Beat eggs to which add cheese, salt, pepper, and a little butter, beating constantly. When squash is cooked, add this mixture and cook until egg is done.

**HOMINY BAKED**

2 cups cold cooked hominy	1 teaspoon sugar
1 tablespoon melted butter	1 teaspoon salt
1 cup milk	1 egg, beaten

Mix, and pour into well buttered pan and bake for thirty minutes.

**HOMINY LOAF NO. 1**

1 can hominy, chopped	2 tablespoons oil
1 egg	1 teaspoon onion salt
½ cup bread crumbs	A few seedless raisins
3 large tomatoes	A few whole olives

Slice and fry tomatoes in the oil, add other ingredients, then salt, stirring egg in last. Put into baking dish, sprinkle with



bread crumbs and bits of butter, bake half an hour. Turn out on platter, serve.

### HOMINY LOAF NO. 2

- |                       |                          |
|-----------------------|--------------------------|
| 1 can hominy, chopped | 1 pint tomatoes          |
| 1 cup white cornmeal  | A few olives and raisins |
| 2 tablespoons oil     | Salt                     |

Put oil in sauce-pan, add tomatoes; when hot add cornmeal and cook for five minutes, then add other ingredients. Put into oiled baking pan and bake one hour in moderate oven. Turn out on platter, garnish with parsley and serve with gravy or tomato sauce.

### HOMINY SOUFFLE

- |                                |                     |
|--------------------------------|---------------------|
| 1 can or 1½ cups cooked hominy | 1 cup milk          |
| 2 eggs                         | 1 tablespoon butter |
|                                | 1 teaspoon salt     |

Mix hominy with yolks of eggs, milk, salt, and melted butter. Fold in the whites of eggs beaten stiff. Pour into buttered baking-dish, set in a pan of hot water and bake until firm, about thirty minutes.

### HUGOLINI

- |                                               |                                      |
|-----------------------------------------------|--------------------------------------|
| ½ package noodles                             | Vegex                                |
| 1 quart strained tomato                       | Salt, pepper                         |
| 1 large onion                                 | Bay Leaf                             |
| ½ cup dry mushrooms<br>(soaked in warm water) | Kitchen Bouquet or other<br>Savories |

Fry onion in oil, add tomato, and seasoning. Simmer mushrooms until tender, chop, add last to mixture using liquor also. Pour this over noodles, that have boiled hard in salted water for fifteen minutes. Simmer together one hour, stirring occasionally. If too dry add tomato or water. Bake in buttered baking dish forty minutes. Sprinkle bread crumbs on top.

### LENTIL CURRY

- |                            |                         |
|----------------------------|-------------------------|
| 1 cup lentils              | 1 teaspoon curry powder |
| 2 tablepoons melted butter | ½ pint lentil water     |
| 2 onions chopped fine      |                         |

Soak the lentils over night in cold water, wash and cover with fresh water and cook slowly two hours, or in fireless cooker over night, drain. Put the melted butter in saucepan, add onions, cook slowly until a golden brown, add curry powder, a dash of cayenne pepper, half pint of water in which lentils were cooked. Add lentils, salt, and cook twenty minutes. Use tomato juice instead of water if desired.

**LENTILS WITH NOODLES**

1 pint lentils	1 tablespoon olive oil
1 pint tomatoes	1 package noodles
1 onion	1 teaspoon Kitchen Bouquet

Wash lentils thoroughly and soak overnight, drain and cover with fresh water, boil two hours and pour off most of water. Fry onion in oil, add tomatoes, "Kitchen Bouquet," salt, lentils, and cook together. Boil noodles in salted water fifteen minutes. Place noodles on platter and pour lentils over them.

**MACARONI CROQUETTES**

$\frac{1}{4}$ package macaroni	1 tablespoon flour
1 cup milk	$\frac{1}{2}$ teaspoon salt, pepper
1 tablespoon butter	1 egg

Cook macaroni in salted water until tender. Drain and chop fine. Heat the milk and stir into it the paste made from the butter and flour, add salt and a dash of pepper. Cook until thickened. Pour this over the beaten yolk of egg. Put in double boiler and cook for a few minutes, add macaroni, remove from fire and when cool, shape. Beat white of egg slightly. Dip croquettes first in crumbs, then in egg, then in crumbs. Fry in deep fat to golden brown. Serve with cheese sauce, or other sauce.

**VARIATIONS IN MACARONI****Scalloped Onions with Macaroni**

Cooked onions	Cooked macaroni
---------------	-----------------

Mix recipe ingredients and add one-half cup milk and one-half cup grated mild cheese. Put in a buttered baking-dish, sprinkle with three-fourths cup buttered cracker crumbs, and bake until crumbs are brown.

**Macaroni Croquettes**

Combine white sauce and onions and rub through sieve. Add macaroni cut in very small pieces, and spread on a plate to cool. Shape in form of croquettes, dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper.

**Onion Souffle**

Combine white sauce, onions and macaroni, and rub through a sieve. Add the yolks of three eggs beaten until thick and lemon color. Fold in the whites of three eggs beaten until stiff and dry. Turn into a buttered dish, set in a pan of hot water, and bake in a slow oven until firm.

**MACARONI SAUCE SOUBISE**

1 pint onions	$\frac{1}{2}$ cup white sauce
$\frac{1}{2}$ cup macaroni	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{4}$ teaspoon paprika

Peel onions and cook in a small quantity of boiling water until tender; then drain. Break macaroni into inch pieces, cook twenty minutes in two quarts of salted water. Drain in strainer, rinse to prevent pieces from adhering. For the white sauce melt three tablespoons butter, add three tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, half cup milk; bring to the boiling point and season. Combine onions and white sauce, add half cup milk. Rub through sieve. Bring to boiling point. Pour over macaroni. Sprinkle with chopped parsley.

**MACARONI WITH MUSHROOM SAUCE**

1 cup macaroni	1 tablespoon chopped
1 cup cracker crumbs	pimentos
$\frac{1}{2}$ cup milk	1 teaspoon minced onion
1 tablespoon melted butter	1 cup grated cheese
1 can mushrooms	Parsley (minced)
1 tablespoon flour	Salt, pepper, garlic

Break macaroni into inch pieces and cook in boiling salted water twenty-five minutes. Drain in colander, pour cold water over it. Put butter, onion, garlic, one tablespoon of water in saucepan and simmer until onion is tender. Mix all ingredients together, put into flat pan lined well with greased paper. Bake forty minutes in moderate oven. Cut into squares and serve with mushroom sauce.

**MACARONI MOLD**

4 ounces macaroni	$\frac{1}{2}$ teaspoon herbs
1 cup bread crumbs	1 onion, chopped
1 cup hot milk	2 tablespoons butter
4 tablespoons chopped nuts	2 eggs
1 tablespoon chopped parsley	Salt and pepper to taste

Break the macaroni in small pieces and boil until tender. Soak bread crumbs in milk five minutes; add the rest of the ingredients and steam for one hour.

**MACARONI SQUARES**

- |                                |                             |
|--------------------------------|-----------------------------|
| 3 heaping cups cooked macaroni | 1 level teaspoon salt       |
| 2 cups milk                    | 2 tablespoons butter        |
| 3 eggs                         | 1 tablespoon minced pimento |
|                                | Grated cheese               |

Beat eggs, add milk, mix in the macaroni, salt and pimento. Spread butter on an oblong shallow pan and pour in mixture. Bake in moderate oven thirty minutes. Five minutes before serving sprinkle grated cheese over top. Return to oven and brown. Cut in squares and serve on platter with tomato or mushroom sauce.

**MONKEY**

- |                                           |                                   |
|-------------------------------------------|-----------------------------------|
| 1 cup bread crumbs                        | $\frac{1}{2}$ teaspoon salt       |
| 1 cup milk                                | $\frac{1}{4}$ teaspoon red pepper |
| 1 cup cheese (fresh, cut in small pieces) | 1 egg                             |

Put ingredients into saucepan (do not beat egg separately) and stir over fire until creamy. Place on crackers and serve immediately. A good supper dish.

**NOODLES HOME-MADE**

- |                    |                           |
|--------------------|---------------------------|
| 2 eggs             | 1 level teaspoon salt     |
| 1 tablespoon water | Flour to make stiff dough |

Beat eggs until light. Add water and salt. Add flour gradually until dough is stiff. Roll dough into very thin sheets and lay separately on table to dry. When almost dry, place in piles of three or four and fold into small rolls. Cut with a sharp knife into ribbons one-quarter inch wide. Spread and dry thoroughly. These noodles can be used as a substitute for macaroni.

**NOODLES, FRIED**

Drop noodles into boiling water, salted, and allow to cook ten minutes. Add one cup of cold water, drain in colander. Fry in butter, place in dish and sprinkle top with bread crumbs fried brown in butter.

**NUT AND PROTOSE SAUSAGES**

- |                                       |                                          |
|---------------------------------------|------------------------------------------|
| 1 cup boiled rice                     | 1 teaspoon grated onion                  |
| 1 cup chopped peanuts                 | $\frac{1}{4}$ teaspoon poultry seasoning |
| $1\frac{1}{2}$ cups left-over mush or | $\frac{1}{8}$ teaspoon salt              |
| Walnut Roast                          | 2 eggs (unbeaten)                        |
| $\frac{1}{2}$ can Protose             |                                          |

Mix in order given, roll into sausages, dip in beaten egg and flour, fry in deep crisco.

**NUT CUTLETS**

- |                        |                    |
|------------------------|--------------------|
| 1 cup walnuts, chopped | 1 tablespoon oil   |
| 1 cup boiled rice      | Salt, pepper, sage |
| 1 cup bread crumbs     | Milk               |
| 1 egg                  |                    |

Mix dry ingredients, add milk to make quite moist. Season with salt, pepper and sage. Make into small patties, roll in cracker crumbs, fry in small quantity of oil, butter or crisco.

**NUT LOAF NO. 1**

- |                              |                               |
|------------------------------|-------------------------------|
| 1 cup boiled rice            | 2 beaten eggs                 |
| 1 cup soft bread crumbs      | 2 small onions, chopped fine  |
| 2 cups chopped walnuts       | and browned in butter         |
| or peanuts                   | Salt, pepper, chopped parsley |
| 2 cups solid canned tomatoes | Mashed potatoes               |

Mold into a roll. Spread with a covering of mashed potatoes and bake in slow oven until well browned. Serve with mushroom, tomato or brown gravy.

**NUT LOAF NO. 2**

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| $\frac{1}{2}$ cup uncooked rice    | $\frac{3}{4}$ cup chopped walnuts |
| $\frac{1}{2}$ cup dry bread crumbs | 1 teaspoon salt                   |
| 2 eggs                             | $\frac{1}{8}$ teaspoon pepper     |
| 2 tablespoons chopped parsley      | Dash of cayenne                   |
|                                    | 3 tablespoons butter              |

Cook rice one hour in double boiler. Remove from fire, add salt, pepper, parsley, bread crumbs, and beat well. Add eggs well beaten, then nuts. Put into buttered tin for five minutes to mold. Drop into baking pan in which butter has been melted. Bake in moderate oven three quarters of an hour, basting frequently with melted butter. Make drawn butter sauce with re-

maining butter, by adding two tablespoons flour and boiling water.

### PEANUT TOAST WITH BROWN GRAVY

- |                                   |                             |
|-----------------------------------|-----------------------------|
| 1 pint milk                       | 1 heaping tablespoon butter |
| 1 cup roasted peanuts,<br>chopped | Salt                        |
| 1 tablespoon flour                | Toast                       |

Brown flour in skillet, put in butter, let it melt and stir through the flour, add milk, a little at a time, stir, season. Dip toast in boiling water to soften. Place on platter, pour gravy over toast, sprinkle ground peanuts on top and serve.

### PEANUT LOAF

- |                       |                      |
|-----------------------|----------------------|
| 1 cup roasted peanuts | 2 eggs               |
| 2 cups bread crumbs   | Salt and onion juice |
| 2 cups water          | Sage                 |

Grind the peanuts, mix with the bread crumbs, put in sage, salt and onion juice, add water and let soak two hours. If too dry add more water, drop in eggs unbeaten and stir. The addition of a little olive oil gives a nice flavor. Bake three-quarters of an hour in a moderate oven. Serve with or without tomato sauce.

### PEAS WITH EGG DUMPLING (Italian)

- |                                        |                            |
|----------------------------------------|----------------------------|
| 1 quart of shelled peas                | 3 tablespoons ground bread |
| 3 tablespoons oil, butter or<br>crisco | 1 tablespoon grated cheese |
| 1 medium-sized onion                   | Parsley                    |
| 1 small clove garlic                   | Salt, pepper               |
| 2 eggs                                 | Kitchen Bouquet            |

Fry onions until light brown, add finely chopped garlic, one cup water, and peas. Stir for ten minutes, then cover with water, add pepper, salt and a scant half teaspoon of "Kitchen Bouquet." Let cook slowly, keeping peas covered with water.

### Dumplings

Beat eggs and add bread crumbs, cheese, parsley, salt, pepper and a little butter. When peas are cooked, add the mixture by spoonfuls, and let cook about ten minutes. Serve on platter, garnish with the dumplings.

**POTATO PANCAKES**

- |                 |                 |
|-----------------|-----------------|
| 6 potatoes      | 1 cup flour     |
| 1 onion (small) | 1 teaspoon salt |
| 3 eggs          |                 |

Grate potatoes and onion, add eggs well beaten, salt and flour. Have skillet very hot and fry in crisco in little cakes. Serve with apple sauce.

**POTATO AND NUT LOAF**

- |                           |        |
|---------------------------|--------|
| 1 cup hot mashed potatoes | 2 eggs |
| 1 cup chopped nuts        | Milk   |
| 1 cup bread crumbs        | Butter |

Mix nuts, potatoes, salt, pepper, eggs well beaten and bread crumbs together, add enough milk to make a stiff paste. Form into a neat loaf, lay on a buttered tin, place a few pieces of butter on top. Bake in a hot oven until brown. Garnish with parsley or serve with a sauce.

**PROTOSE**

Protose is a vegetarian product similar in composition to meat. It consists of nuts and grains, and is free from all animal fats. It is manufactured by The Kellogg Food Company, Battle Creek, Mich. It is put up in one pound cans. In the recipes given in this book, "The Original" Protose is used.

**PROTOSE ITALIAN STYLE**

- |                         |                                          |
|-------------------------|------------------------------------------|
| 4 cups macaroni         | 1 pint can tomato sauce                  |
| 1 can Savory Protose    | (Spanish style, Del Monte Brand)         |
| 6 tablespoons olive oil |                                          |
| 1 onion                 | 2 level teaspoons Vegex                  |
| 1 tomato                | $\frac{1}{2}$ teaspoon Kitchen Bouquet   |
|                         | $\frac{1}{2}$ teaspoon poultry seasoning |
|                         | Salt                                     |

Wash macaroni and boil fifteen minutes in salted water. Drain in colander. Dice protose, fry brown in oil, add one cup water, onion chopped or grated, tomato sauce, Vegex, Kitchen Bouquet, poultry seasoning. Add salt last, as Vegex contains salt. Place one half the macaroni in an earthen baking dish, add one half protose mixture. Repeat. Cover with slices of tomato. Bake in moderate oven one hour.

**PROTOSE HAMBURG STYLE**

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 can Savory Protose               | 1 tablespoon grated onion   |
| 1 tablespoon olive oil             | 1 tablespoon lemon juice    |
| $\frac{3}{4}$ cup dry bread crumbs | $\frac{1}{2}$ teaspoon salt |
| 1 egg                              | $\frac{1}{4}$ teaspoon sage |

Mash protose with wooden spoon or potato masher, add other ingredients in order given. If the egg does not make the mixture soft enough to form into patties, add a little milk. Roll patties in cracker crumbs and fry as hamburger steak is fried.

**PROTOSE STEAK**

Remove protose whole from can, cut crosswise in quarter inch slices and fry. Serve with brown gravy or tomato sauce or tomato gravy.

**PROTOSE ROAST**

Turn out whole from can, cut in half, place in buttered or oiled pan, dot with pieces of butter, salt and pepper, baste with hot water occasionally. Roast three-quarters of an hour in moderate oven. Serve on platter, and pour over it a gravy or tomato sauce. Serves four.

**PROTOSE STEW WITH FRITTERS**

- |                      |                     |
|----------------------|---------------------|
| 1 quart potatoes     | 3 tablespoons flour |
| 1 can protose        | 1 teaspoon Vegex    |
| 2 tablespoons crisco | Salt                |
| 2 tablespoons butter | Onion salt          |

Cut protose into cubes and fry brown in crisco, remove protose. Put butter into the hot skillet, stir in flour, add enough warm water to make medium thick gravy, cook for five minutes. Stir frequently, season with Vegex, salt, onion salt. Return protose to pan of gravy. Have potatoes partly cooked and cut into cubes. Pour protose and gravy over these and simmer for half hour. Serve on platter with border of Diamond Fritters.

**Fritters**

- |                                                |                             |
|------------------------------------------------|-----------------------------|
| $1\frac{1}{2}$ cup flour                       | $\frac{1}{4}$ teaspoon salt |
| $1\frac{1}{2}$ teaspoon baking powder, heaping | 1 egg                       |
|                                                | Milk                        |

Mix ingredients, cut into diamond shape. Fry in deep crisco.



**PROTOSE AND RICE**

- |                  |                                  |
|------------------|----------------------------------|
| 2 cups rice      | 2 tablespoons oil                |
| 1 can protose    | 1 onion or 1 teaspoon onion salt |
| 3 large tomatoes |                                  |

Fry onion and tomatoes in oil and season with salt. Cut protose into small cubes and fry in butter until brown, remove the protose and make gravy by adding the tomatoes and onion, thicken with flour, then put back the protose and let simmer for fifteen minutes.

Boil the rice in plenty of salted water, when done drain and put around platter and place protose and gravy in center. Will serve six.

**PROTOSE AND MUSHROOMS**

- |                       |                         |
|-----------------------|-------------------------|
| 1 can protose (diced) | 1 pint can of mushrooms |
| ½ loaf bread (diced)  |                         |

Fry protose in butter until brown, remove protose, and fry bread until brown. Remove, and make gravy using the liquid from mushrooms and enough flour to thicken same. A little water may be used to increase the quantity. Season to taste. Put mushrooms in the gravy and let simmer for ten minutes. Place bread and protose on platter and cover with mushroom gravy.

**RICE POTATO LOAF**

- |                                                         |                                   |
|---------------------------------------------------------|-----------------------------------|
| 1 cup rice, boiled in plenty of salted water until done | 1 egg                             |
| 6 medium-sized potatoes                                 | Sage, salt, pepper and onion salt |

Mash potatoes, mix with rice, season with sage, salt, pepper and onion salt, stir in egg. Bake in buttered dish until thoroughly brown, turn out on platter. Garnish with parsley. Serves six.

**ITALIAN RICE**

- |                 |            |
|-----------------|------------|
| ½ cup olive oil | 1 cup rice |
| 1 clove garlic  | Onion      |

Put olive oil into a kettle and heat, slice in garlic, onion, add dry rice, stir until golden brown, then add one can tomatoes, cook slowly until done, stirring frequently.

**MEXICAN RICE**

- |                         |                      |
|-------------------------|----------------------|
| 2 tablespoons crisco    | 1 clove garlic       |
| 1 cup cooked rice       | 2 cups boiling water |
| 1 cup tomatoes          | Salt, pepper         |
| 2 small onions (sliced) |                      |

Heat crisco in skillet, add rice and fry until brown, then other ingredients, cover with boiling water and cook slowly half an hour.

**RICE PATTIES**

- |                       |                          |
|-----------------------|--------------------------|
| 2½ cups boiled rice   | 1 level tablespoon flour |
| ½ cup chopped walnuts | 1 teaspoon salt          |
| 1 egg                 | Pepper                   |

Mix ingredients, form into patties, fry brown in crisco.

**RICE CROQUETTES**

- |                   |              |
|-------------------|--------------|
| 1 cup boiled rice | Bread crumbs |
| 1 white of egg    | Cornmeal     |

Add stiffly beaten white of egg to rice, shape, and roll in powdered bread crumbs or cornmeal and flour. Fry brown in deep crisco or oil.

**RICE CAKES**

Prepare as for croquettes and fry as cakes in a tablespoonful of butter. Serve with maple syrup. A nice supper dish.

**RICE SAVORY**

- |                      |                        |
|----------------------|------------------------|
| 2 cups rice          | ½ teaspoon dry mustard |
| 2 cups grated cheese | 3 eggs                 |
| ½ teaspoon salt      | 3 pints milk           |

Boil rice in two quarts salted water for twenty minutes. Mix grated cheese, salt, mustard, and add to cooked rice, then well beaten eggs and heated milk. Bake in buttered baking dish until custard is formed.

**SCALLOPED RICE WITH TOMATES**

- |                 |             |
|-----------------|-------------|
| Canned tomatoes | Butter      |
| Rice            | Salt Pepper |
| Bread crumbs    |             |

Put canned tomatoes through coarse sieve to remove seeds. Season with salt, pepper and butter. Mix equal parts of boiled rice and tomatoes and place in buttered baking pan, layer about with dried bread crumbs. Sprinkle bread crumbs on top and bake half an hour.

**SPAGHETTI WITH TOMATO**

- |                             |                          |
|-----------------------------|--------------------------|
| 1 quart tomatoes            | $\frac{1}{2}$ lb. cheese |
| $\frac{1}{2}$ lb. spaghetti | Butter, salt, pepper     |

Drop spaghetti into boiling salted water and cook about fifteen minutes. Drain, and rinse with cold water. Put into buttered baking pan layer about of spaghetti and tomatoes. Season each layer. Bake in moderate oven a half hour. Cover with grated cheese and return to oven to melt.

**SPINACH WITH TOAST**

- |                                               |                  |
|-----------------------------------------------|------------------|
| 2 tablespoons oil                             | Cold, spinach    |
| 3 large tomatoes or 1 pint<br>canned tomatoes | Toasted bread    |
| 2 teaspoons flour                             | Hard-boiled eggs |
|                                               | Salt, onion salt |

Heat spinach in a little butter, and spread on hot buttered toast. Place in center of each slice half of a hard-boiled egg. Serve with tomato gravy.

**STUFFED PEPPERS (Hoover Style)**

Cut stem ends from green peppers, remove seeds, fill with any of following mixtures and replace caps, bake.

1. Boiled rice, ground nuts, tomato juice, seasoning.
2. Grated corn (or canned corn chopped fine), chopped olives, minced onion and bread, toast or cracker crumbs.
3. All left-over vegetables, nut or cereal mixtures, croquettes, or souffles, mixed with crumbs and moistened with tomato or very thick cream sauce, adding any desired seasoning.
4. Boiled noodles, nutose, tomato, and seasoning.
5. Boiled macaroni, chopped mushrooms, ground nuts or olives and crumbs.
6. Chopped hominy, any cooked cereal, raisins, olives, tomatoes, salt, pepper.

**STUFFED SUMMER SQUASH**

- |                                           |                  |
|-------------------------------------------|------------------|
| 1 long Italian squash                     | Cheese           |
| 1 onion                                   | Butter           |
| 4 slices stale bread (or<br>bread crumbs) | Salt, pepper     |
| 2 eggs                                    | Parsley (minced) |

Fry onion in butter or olive oil. Cut squash lengthwise and scoop out the inside, add this to the fried onion, cover tight and

let steam until squash is tender. Moisten bread or crumbs with a little water and add to squash, then eggs, and seasoning. Re-fill shells, cover with grated cheese and bits of butter. Bake in moderate oven.

### SWEET POTATO CROQUETTES

10 sweet potatoes	1 teaspoon butter
2 eggs	Salt
1 cup boiling milk	

Mash sweet potatoes, add eggs, boiling milk, butter, and salt. Mould, dip in egg and cracked crumbs, and drop in deep fat.

### TAMALE LOAF

1 can corn	1 cup olives
1 cup tomato sauce	1 onion, chopped fine
1 cup cornmeal (uncooked)	2 cloves garlic, cut fine
2 eggs beaten	1 teaspoon pepper
$\frac{2}{3}$ cup milk	1 slice butter

Mix ingredients together, season. Put into buttered baking dish and bake in moderate oven half an hour.

### TOMATOES STUFFED WITH BEANS

Remove pulp from tomatoes, fill cases with left-over baked beans mixed with a part of the pulp and seasoned with salt, pepper, olive oil. Cover with buttered bread crumbs, bake three-quarters of an hour.

### TOMATOES STUFFED WITH MACARONI

7 large tomatoes	$\frac{1}{3}$ cup grated cheese
$1\frac{1}{2}$ cups cut macaroni	$\frac{1}{2}$ small can pimento
$1\frac{1}{2}$ cups White Sauce	Salt, onion salt
1 egg	

Wash macaroni thoroughly, boil twenty minutes, drain and rinse. Make white sauce, adding pimento, cheese and seasoning, cook long enough to melt cheese, mix with macaroni, add egg. Fill tomatoes from which centers have been scooped. Bake three-quarters of an hour.

**BAKED TOMATO AND EGG PLANT**

1 cup cream	Rice or spaghetti
8 large tomatoes	Grated cheese
Egg plant	Salt, pepper
Green pepper	

Pour cream in deep dish. Slice egg plant very thin, line bottom of dish, to this add layer of tomatoes sliced, a layer of rice or spaghetti, sprinkle with cheese, salt, pepper, a layer of tomatoes, sprinkle with chopped green pepper. Last a layer of egg plant. Bake.

**BAKED TOMATOES AND CORN**

3 small cans tomatoes	1 cup stuffed ripe olives
1 can corn	Cheese

Mix tomatoes, corn, olives, and spread slices of cheese on top and bake.

**TOMATO NEWBERG**

Brown together a half tablespoonful of finely chopped onion and butter, size of walnut, add a pint of tomatoes and season. When hot add three eggs. Beat the whites stiff and drop the unbroken yokes into whites, pour this into the tomato and mix a little. Serve on toast.

**TURKISH PILAF**

2 cups rice	1 cup tomato juice
2 tablespoons butter	Onion salt, and salt

Wash and dry in cloth two cups of rice. Fry rice in two tablespoons of butter, add one cup of tomato juice, season, then boil in about four cups of water, either in double boiler or fireless cooker. If any is left over can be made into croquettes by using protose, nuts, bread crumbs and egg.

**VARIATIONS IN SHREDDED WHEAT BISCUITS**

1. Shredded Wheat Biscuit with Tomato.—Stew tomatoes, season with butter, salt, sugar and pepper. Pour this over the toasted biscuits.

2. Shredded Wheat Biscuits with Cheese.—Over Shredded Wheat Biscuits sprinkle grated cheese (a cheese that will melt), salt and paprika. Toast in oven until brown.

3. Shredded Wheat Biscuits halved, toasted and buttered, served—

- (a) with white sauce No. 1 and sliced hard-boiled eggs.
- (b) with browned flour gravy.
- (c) with poached eggs.
- (d) with clams or oysters

### VEGETABLE STEW WITH DUMPLINGS

6 carrots	2 lbs. peas
6 small turnips	1 onion
1 large head celery	Butter and seasoning
3 tomatoes	

Cut vegetables in medium sized pieces, cover with water and cook until tender, add butter size of an egg and salt to taste; thicken with a tablespoon of flour mixed with cold water. Peas should be cooked in separate kettle. Serve on large platter placing dumplings on edge and vegetables in center and peas on top.

#### Dumplings

2 cups flour	2 heaping teaspoons baking powder
1 egg	
$\frac{1}{2}$ cup raisins	Milk to make soft dough
$\frac{1}{4}$ teaspoon salt	

Mix ingredients, form into a long roll, cut into twelve pieces, and drop into boiling stew, cook for half hour.

### VEGETABLE STEW WITH RICE

2 heads celery	1 teaspoon Vegex
3 turnips	2 tablespoons flour
3 tomatoes (medium-sized)	Salt
6 potatoes	Parsley
2 carrots	Boiled rice
3 tablespoons olive oil	

Cut, celery, turnips, tomatoes, carrots, in medium sized pieces, season, add sufficient water to cover, and boil an hour and a half, then add potatoes. When potatoes are tender, add thickening. Serve on large platter with border of boiled rice.

**WALNUT CROQUETTES**

1 cup boiled rice	2 eggs
1 cup chopped walnuts	Sage
1 cup bread crumbs	Salt, pepper
1 teaspoon olive oil	

Mix above ingredients, adding enough water to moisten for handling. Form into cone-shaped croquettes and fry in deep crisco or form into patties and fry. A little tomato or lemon juice, also onion salt, may be added. These may be served with tomato sauce or brown gravy.

**WALNUT STEAK**

1 cup white flour	Salt
1 cup oatmeal	Sage
1 cup cornmeal	Vegex
2 cups chopped walnuts	Onion juice
8 cups water	

Brown flour and meal in oven or in skillet, add seasoning and nuts, moisten with two cups cold water, then stir in six cups of boiling water. Fill four ordinary baking powder cans and steam three hours. Slice and fry. This will keep several days, and may be made into Walnut Roast or Croquettes.

**WALNUT ROAST**

Use walnut steak, add one egg, one tablespoon olive oil, poultry seasoning, one teaspoon Vegex. Form into a mound on baking platter or tin, bake three-quarters of an hour. Pour over this tomato sauce and serve. What remains may be combined with rice, cornmeal mush, or similar left-overs and made into patties.

## CHAPTER IV.

# GRAVIES and SAUCES

### BROWN GRAVY

2 tablespoons butter	$\frac{1}{4}$ teaspoon Kitchen Bouquet
4 tablespoons flour	$\frac{1}{4}$ teaspoon onion salt
1 teaspoon Vegex	Water

Stir flour into melted butter, add enough water to make right consistency, season with Vegex, Kitchen Bouquet, salt. Boil ten minutes, stir frequently.

Flavor may be varied by adding grated onion, tomato juice, poultry seasoning, etc.

### BROWN FLOUR GRAVY

Put four tablespoons of flour into a skillet and brown slightly, stir constantly to prevent burning, add two large tablespoons butter and stir until butter is melted. Then add enough warm milk to make the desired consistency. Season to taste. This makes a tasty supper dish when poured over toasted crackers and garnished with sliced hard-boiled eggs.

### EGG SAUCE

4 tablespoons flour	2 hard-boiled eggs
2 large tablespoons butter	Milk

Put butter into pan and melt, add flour and stir well. Pour in milk enough to make the desired consistency, then add eggs, which have been pressed through a ricer or cut fine. Season to taste.

### MUSHROOM SAUCE

1 tablespoon butter	1 small can mushrooms
2 tablespoon flour	or
$\frac{1}{2}$ teaspoon Vegex	$\frac{1}{2}$ cup dried mushrooms
$\frac{1}{8}$ teaspoon Kitchen	Water
Bouquet	Salt

Stir flour into melted butter, add enough warm water to make right consistency, season with Vegex, Kitchen Bouquet, mushrooms, salt and simmer ten minutes. If canned mushrooms are used add with their water; if dried, soak one hour in warm water, chop and add with their water.



**TOMATO GRAVY**

3 large tomatoes	3 tablespoons flour
2 tablespoons olive oil	Vegex
2 tablespoons butter	Salt, onion salt

Fry tomatoes in oil, season with salt, onion salt. Melt butter in another pan, stir in flour, add sufficient water to make desired consistency, to this add tomatoes and Vegex.

**TOMATO SAUCE**

2 tablespoons butter	1 pint tomatoes
2 tablespoons flour	Salt

Melt butter, add flour, stir, add strained tomatoes, season to taste, boil five minutes.

**WHITE SAUCE NO. 1**

2 cups milk	Butter size of egg
2 rounded tablespoons flour	Salt

Melt butter in saucepan, stir in flour until smooth, add enough milk to make the desired consistency. Milk may be hot or cold. Salt to taste. All gravies and sauces are best made in this way.

**TARTAR SAUCE**

Chop fine one dozen green olives and two medium sized pickles, mix with this one cupful of mayonnaise.

**WHITE SAUCE NO. 2**

4 tablespoons flour	2 cups milk
4 tablespoons butter	1 level teaspoon salt

Melt butter in pan, stir in flour and salt, add gradually the hot, but not scalded, milk and cook five minutes.

## CHAPTER V.

# VEGETABLES

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### BAKED SUMMER SQUASH

Cut stem ends off squash and scoop centers. Boil removed portion, with a small onion, in water until tender. Drain and add seasoning of salt, pepper and butter. Fill shells, cover with buttered bread crumbs. Put in pan with a little water in bottom and bake one hour.

### BAKED SUMMER SQUASH WITH PIMENTOS

½ dozen summer squash	2 tablespoons flour
1 small can pimentos	Salt
2 tablespoons butter	

Pare, wash, slice summer squash, put into a buttered baking dish in layers. Season each layer with chopped pimentos and bits of butter and flour mixed together. Bake in moderate oven one hour.

### FRIED SUMMER SQUASH

Peel Italian summer squash, slice one-half inch thick, fry in enough fat to keep from sticking. In serving, dot with butter.

### BAKED HUBBARD SQUASH NO. 1

Cut squash in medium sized pieces and boil in shell for twenty minutes. Remove from shell, mash, season with salt, pepper, plenty of butter, bake for half an hour.

### BAKED HUBBARD SQUASH NO. 2

Cut squash in five inch squares, sprinkle lightly with sugar, dot with butter, bake until tender and serve in the shell in large platter.

### **BROWN CREAMED POTATOES**

Slice cold potatoes in frying pan, put a large lump of butter in the center, sprinkle flour, salt, pepper over the top, pour in milk until the potatoes begin to float, then chop up potatoes with a chopping knife while they are heating. Place in oven until done.

### **BUTTERED BOILED RICE**

Wash one-half cup rice in running water, stirring vigorously with the hand to free it from any of its flour. This will aid in preventing it from being sticky when cooked. This quantity of rice should be cooked in a quart kettle. Add scant cup cold water and a little salt. Put the cover on tight and set on fire. In about ten or fifteen minutes it will begin to boil over. Do not lift the lid but allow it to boil over, until the lid no longer trembles. Then set further back on stove, where it can steam and keep very hot, without boiling, for forty-five minutes. At the end of the first hour the rice should look dry and be separate. Add enough rich milk to cover it. Cover and set over moderate fire and bring to a gentle boil for several minutes. Slide to back of stove as before, placing asbestos mat under it. Let remain forty-five minutes. The kernels should by this time be very large. Set into double boiler or pan of hot water where it can mellow, and keep hot until ready to serve. Serve buttered, in a hot covered dish.

### **CANDIED SWEET POTATOES**

Candied sweet potatoes are very popular on southern tables, and are extremely palatable when well prepared. Cut boiled sweet potatoes into long slices, place in an earthen dish. put lumps of butter on each slice, and sprinkle with sugar. Some cooks add a little water also. Bake until sugar and butter have candied and the potatoes are brown.

### **CARROTS SUPREME**

Cut the tops off of young table carrots but do not cut into the carrots in doing so. Boil until tender, adding a piece of onion and several sprigs of parsley to flavor. Boil in a large quantity of water, the same as when boiling beets. If the carrots are not tough and woody, and have cooked long enough, the skins can easily be washed off in running water. Cut in thin slices,

season with butter or cream gravy. Set aside to "mellow" over hot water, for ten minutes. Never allow them to boil after seasoning or cream gravy has been added.

Carrots cooked this way are delicious and when cold make a nice salad served in a nest of lettuce leaves, with mayonnaise.

### **CELERY ROOT MASHED**

Peel celery root, cut into small pieces, boil three-quarters of an hour, drain, saving water for soup, mash as you would turnips, season with salt, pepper and butter.

### **CREAMED CELERY ROOT**

Peel celery root, cut into cubes, boil three-quarters of an hour, drain and season. Serve with White Sauce.

### **CORN ON COB NO. 1**

Prepare corn. Drop into kettle of boiling water and cook ten minutes. If only a few ears are cooked at a time, the temperature of water is but slightly lowered, and corn will cook in eight minutes. If a larger number, the temperature of water is lowered in proportion and time of cooking must be increased. When possible cook corn in plenty of water.

### **CORN ON COB NO. 2**

Prepare corn and put in cold water to which a tablespoon of vinegar has been added and let come to a boil. Serve in a napkin, on platter.

### **BOILED CORN ON COB NO. 3**

Prepare corn, pour over boiling water to which one cup of milk has been added, and place in fireless cooker for half an hour.

### **CORN ON COB NO. 4**

Cover the corn with cold water and let it come to the boiling point slowly. Remove from fire and allow to stand in hot water ten minutes, before serving. Boiling makes green corn tough and yellow. A little milk added to the water makes the corn white and sweet.

**CREAMED ONIONS**

- |                             |             |
|-----------------------------|-------------|
| 8 medium-sized onions       | 1 pint milk |
| 2 tablespoons melted butter | Salt        |
| 2 tablespoons flour         |             |

Cut onions into quarters, boil an hour or more until tender. Melt butter in saucepan, sift in flour, add milk, stir until smooth, add salt. Pour over onions and serve.

**CREAMED POTATOES**

- |                     |                       |
|---------------------|-----------------------|
| 1 tablespoon butter | Pepper                |
| 1 pint milk         | Salt                  |
| 3 tablespoons flour | Cold potatoes, sliced |

Slice cold potatoes, put in baking dish. Place milk in another pan on stove, thicken with flour previously mixed with cold water, add pepper, salt and butter. When cooked sufficiently, pour over potatoes, sprinkle bread crumbs over top and bake in oven about fifteen minutes.

**FLEMISH CARROTS**

- |                          |                            |
|--------------------------|----------------------------|
| 1 quart carrots (sliced) | 1 teaspoon sugar           |
| 1 quart boiling water    | 1 teaspoon chopped parsley |
| 1 teaspoon salt          | 1½ cups soup stock         |
| 2 tablespoons butter     | Pepper                     |
| 1 small onion            |                            |

Scrape carrots and cook in salted boiling water until tender, drain. Slice onion and brown in butter; add carrots and seasoning, set over fire ten minutes; add soup stock, cover and simmer twenty minutes, sprinkle with parsley and serve.

**HARVARD BEETS**

- |                         |                     |
|-------------------------|---------------------|
| 12 small beets          | ½ cup vinegar       |
| ½ cup sugar             | ½ tablespoon butter |
| 1 tablespoon cornstarch |                     |

Peel beets, cut into small pieces and cook. Mix sugar, corn starch and vinegar. Pour over beets and let stand on back of stove for one-half hour. Just before serving add one-half tablespoon butter.

**RICE**

Wash rice thoroughly, rubbing with the hands to free it from its flour. Cover with plenty of boiling water, salt and cook until soft. Drain in colander, saving water for soup, bread, or other uses. Place rice in oven until time to serve. Grains should be large and separated.

**RICE POTATO CAKE**

Rice (boiled)	Butter
Mashed potato	Cheese, grated
1 egg, beaten	Salt

Mix equal quantities of rice and mashed potato, add egg and seasoning, spread one inch deep in buttered baking pan, cover with grated cheese and bake one-half hour. Turn out on platter and garnish.

**RICE POTATO PIE**

Potatoes	Onion salt
Boiled rice	Salt
Poultry seasoning	Butter
2 tablespoons milk	

Use either mashed potato or crush cold boiled potatoes, mix with equal quantity of rice, add seasoning, put into pie pan, dot with butter, pour over this two or three tablespoons milk, press edges with fork, bake one-half hour. Serve in pan or remove to platter.

**SCALLOPED APPLES**

$\frac{3}{4}$ cup flour, scant	Salt and butter
$1\frac{1}{2}$ cups sugar	Apples, sliced

Mix flour, sugar, salt. Put a layer of sliced apples in baking dish, sprinkle with two tablespoons of the mixture and bits of butter. Repeat until dish is heaping full, as the apples cook down considerably. Sweetening is varied with acidity of apples. Bake one hour in slow oven.

**SCALLOPED CABBAGE**

Chopped cabbage	Milk
Cracker crumbs	Salt, pepper
Butter	

Boil cabbage in salted water until tender. Drain. Put layer about of cabbage and cracker crumbs into a baking dish, season with salt, pepper and plenty of butter. Pour over this milk to cover. Bake until nicely browned.

**SPANISH STRING BEANS**

3 tablespoons olive oil	1 quart string beans
1 small onion, chopped fine	Salt, pepper
1 small can Del Monte	Paprika
Tomato Sauce	

Cook onion in olive oil until tender, add uncooked beans, tomato sauce, and seasoning. Cook slowly two hours. Do not add water unless in danger of burning.

**STEWED CORN**

With sharp knife cut through center of each row of grains, and then scrape from cob. Put corn into saucepan, season with salt, pepper and butter, add enough hot milk to moisten well, and cook ten minutes.

**SWEET POTATOES AND APPLES (Southern Style)**

Use boiled sweet potatoes and fresh apples, both sliced. Butter baking dish, put two layers of apples on bottom, sprinkle with salt, then add layer of sweet potatoes, sprinkle with sugar, alternate until dish is full. Have top layer apples. Over this pour slice of butter melted, or put bits of butter on each layer. Bake one hour or more.

## CHAPTER VI.

# SALADS

---

### ALLIGATOR PEAR SALAD

Select nice ripe alligator pears, wash and dry. Cut into halves, scoop out centers and cut them into small pieces, return to shells, place on crisp lettuce leaves, serve with mayonnaise or French dressing.

### APPLE SALAD NO. 1

2 cups tart apples	2 tablespoon vinegar
$\frac{1}{2}$ cup English walnuts	2 tablespoons good salad
1 cup celery	dressing
1 cup cream, whipped	Salt, paprika

Cut apples, nuts and celery into small pieces, mix, sprinkle with salt and a little paprika, then add dressing made by mixing whipped cream, vinegar and salad dressing. White grapes, oranges, pineapple or marshmallows are good in this salad. The nuts and celery may be omitted, or it may be varied in several ways. Serves eight.

### APPLE SALAD NO. 2

2 cups sugar	Apples
2 cups water	Cinnamon drops (5c worth)

Boil water, sugar and drops until latter are dissolved, add apples pared and cored, keeping them whole, cook until apples can be pierced with a straw. Remove apples and boil syrup until it jellies, then fill center of apple with the jelly. Serve on lettuce leaf with a spoonful of mayonnaise on top. This same recipe may be used as a dessert by serving with whipped cream.



**CARROT SALAD**

2 cups grated raw carrots      Salt  
1 cup celery, cut fine

Mix with mayonnaise and serve on lettuce leaves. A little grated turnip and onion may be added if desired, also sliced apples. Instead of grating carrots, they may be put through nut grinder, using finest blade.

**CELERY ROOT SALAD**

5 celery roots      Mayonnaise

Cut celery roots into cubes, boil until tender, drain, set aside to cool. Mix with mayonnaise, place on lettuce leaves on individual plates, add more dressing and serve.

**CORN SALAD**

1 dozen large ears of corn,	4 heaping tablespoons mus-
cut from cob	tard mixed with a little
Equal amount of cabbage,	vinegar
chopped fine	2 cups sugar
6 bell peppers, chopped fine	$\frac{1}{2}$ gallon vinegar
	Salt to taste

Put all together and cook thoroughly one hour or more. Put in glass jars and seal.

**COTTAGE CHEESE SALAD**

Simmer clabbered milk until whey is well separated from curd, place in fine strainer or cheesecloth bag and drain. Add salt to taste, moisten with cream, form into cones or balls and serve on lettuce leaves with any preferred dressing.

**COMBINATION SALAD SUGGESTIONS**

The following combinations may be served on lettuce leaves with any preferred dressing: lima beans and sliced tomatoes; macaroni and asparagus; macaroni and pimientos; string beans and tomatoes; peas and carrots; tomatoes and cucumbers; potatoes and beets; cauliflower and hard-boiled eggs; cauliflower and grated cheese; apples, celery and nuts.

**CUCUMBER SALAD**

- |                           |                               |
|---------------------------|-------------------------------|
| 1 envelope Knox Sparkling | $\frac{1}{2}$ cup lemon juice |
| Gelatine                  | 2 cucumbers, medium size      |
| 2 cups boiling water      | 1 small can pineapple         |
| 1 teaspoon sugar          | 4 drops green coloring        |

Soak gelatine in juice of pineapple and dissolve with the boiling water. Add sugar and lemon juice. When slightly cool add cucumbers previously sliced and soaked in salt water for five minutes, then coloring, and pineapple cut in small pieces. Put in molds and when formed turn out on lettuce leaves. Finish with mayonnaise, chopped walnuts and cherries.

**FRUIT SALAD**

- |                             |                             |
|-----------------------------|-----------------------------|
| Pineapples slices sprinkled | Strawberries                |
| with powdered sugar, set    | Whipped cream or mayonnaise |
| aside for one hour          |                             |
| Bananas sliced on bias      |                             |

Place pineapple slices in center, bananas all around, add a little pineapple juice, whipped cream in center and strawberries on top.

**HEART OF LETTUCE SALAD**

Over lettuce hearts cut in halves, pour mayonnaise mixed with a little tomato sauce. Sprinkle with grated cheese.

**LETTUCE SALAD**

- |                             |                                |
|-----------------------------|--------------------------------|
| 3 heads lettuce cut fine    | $\frac{1}{2}$ teaspoon mustard |
| $\frac{2}{3}$ cup salad oil | $\frac{1}{2}$ teaspoon salt    |
| $\frac{1}{2}$ cup vinegar   | 1 teaspoon sugar               |

Place salad oil, vinegar, mustard, salt and sugar in bowl and beat with egg-beater. Pour over lettuce and serve at once.

**ONION SALAD**

Slice onions in rings. Place in saucepan cover with boiling hot water. Let stand ten minutes. Drain water. Let cold water run over onions till crisp, or place on ice to cool. Put on lettuce leaves or watercress. Serve with mayonnaise or French dressing.

No onion odor from onions, if so prepared.

**PINEAPPLE SALAD NO. 1**

Cube pineapple, fresh or canned. Skin white grapes, seed them, cube a package of marshmallows, let stand in juice of pineapple an hour or more. Put all together, drain juice and add a little lemon juice or cubes of grape fruit, and just before serving add a little mayonnaise or cream dressing. This is improved if pecan nuts are added. Serve very cold on lettuce leaves, with nasturtium blossoms.

**PINEAPPLE SALAD NO. 2**

- |                        |                                      |
|------------------------|--------------------------------------|
| 1 can sliced pineapple | 1 head lettuce                       |
| 1 cup Dutch cheese     | $\frac{1}{2}$ cup nuts, chopped fine |
| 8 Maraschino cherries  |                                      |

Place a slice of pineapple on bed of lettuce, ball the cheese and put in center, and on this place a cherry. Put mayonnaise dressing on pineapple and over this scatter the nuts.

**PINEAPPLE SALAD NO. 3**

Lay sliced pineapple on lettuce. Cut pineapple in pieces, but leave in same shape as before. Fill center with mayonnaise, sprinkle with grated cheese.

**POTATO SALAD**

- |                        |                |
|------------------------|----------------|
| Sliced boiled potatoes | Minced parsley |
| Chopped onion          | Mayonnaise     |
| Chopped celery         | Salt           |

Mix, serve on lettuce leaves. This may be varied by adding chopped pimentos, peppers or cucumbers.

**STUFFED EGG SALAD**

- |                              |         |
|------------------------------|---------|
| 6 eggs                       | Salt    |
| 2 tablespoons butter, melted | Pepper  |
| 1 tablespoon cream           | Mustard |
| 4 drops onion juice          |         |

Boil eggs fifteen minutes, plunge into cold water, peel and cut in halves. Remove yolks, mash fine, add butter, cream, onion juice, salt, pepper and mustard to taste; mix thoroughly, refill the halved whites, place on lettuce leaf, garnish with parsley and serve.

**TOMATO SALAD**

5 ripe tomatoes	Vinegar
1 cup chopped celery	Pinch salt
1 cup chopped nuts	Paprika
Olive oil	

Scald tomatoes, skin, put on ice to cool. When firm, scoop out inside. Mix chopped celery, nuts and inside of tomatoes with French dressing made with olive oil, vinegar, salt and paprika. Refill tomatoes, serve on lettuce leaves. Skins may be removed from tomatoes by putting a fork in stem end and holding over gas flame. When skin breaks remove with knife.

## CHAPTER VII.

# SALAD DRESSINGS

---

### BOILED SALAD DRESSING

- |                           |                                    |
|---------------------------|------------------------------------|
| 1 rounded teaspoon butter | 1 teaspoon sugar                   |
| 1 egg                     | $\frac{1}{4}$ teaspoon dry mustard |
| $\frac{1}{2}$ cup vinegar | Paprika                            |
| 1 teaspoon salt           |                                    |

Melt butter in double-boiler. Beat egg with Dover beater. add vinegar, salt, sugar, mustard and paprika. Stir into melted butter. When thickened to consistency of cream, remove at once from fire. When cold, oil may be beaten in if desired.

### COOKED SALAD DRESSING

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 1 tablespoon butter                | 1 teaspoon sugar                |
| 2 scant teaspoons mustard<br>(dry) | $\frac{2}{3}$ cup cider vinegar |
| 2 teaspoons flour                  | 1 cup milk                      |
| 1 teaspoon salt                    | 2 eggs, well beaten             |
|                                    | Red and black pepper            |

Mix dry ingredients and scald with enough hot water to make a thick paste. Stir in beaten eggs and butter, and pour vinegar in slowly, stirring all the time, to prevent curdling. Add milk, boil in double boiler until thick, stirring constantly. When ready to use this may be thinned by adding cream. A splendid dressing for cabbage or other salads if one does not care for mayonnaise.

### CREAM SALAD DRESSING

- |                                 |                       |
|---------------------------------|-----------------------|
| 1 cup cream (sweet or<br>sour)  | 2 tablespoons vinegar |
| $\frac{1}{2}$ cup tomato catsup | 2 tablespoons sugar   |
| 2 tablespoons olive oil         | 1 teaspoon salt       |

Mix oil, salt, sugar and vinegar, beat in catsup and finally add cream, beating it in gradually.

This dressing is very good for vegetables or fish salads.

**CREAM SLAW DRESSING**

$\frac{1}{2}$ cup vinegar	8 tablespoons sugar
1 cup sour cream	Salt
1 well-beaten egg	

Mix vinegar, egg and sugar, add cream and stir constantly while on stove. When the first bubble from boiling appears, it is sufficiently cooked. When cold pour over sliced cabbage.

**FRENCH DRESSING**

1 tablespoon vinegar	$\frac{1}{4}$ teaspoon salt
4 tablespoons olive oil	$\frac{1}{8}$ teaspoon pepper

Put the salt and pepper into salad bowl. Add a little oil and stir well, then gradually add the remainder of oil, stirring all the while. Last of all, stir in the vinegar, which should be diluted with water if very strong. This may be used on lettuce, cooked asparagus, cauliflower, artichokes, etc.

**FRUIT SALAD DRESSING**

One cup cream, whipped, two tablespoons vinegar, two tablespoons good salad dressing. Mix well. This is very good for any fruit salad.

**MAYONNAISE DRESSING**

$\frac{1}{4}$ teaspoon mustard, scant	Yolk of 1 egg
$\frac{1}{4}$ teaspoon salt	Salad oil
Juice of $\frac{1}{2}$ lemon	

Beat yolk of egg and drop in salad oil, one or two drops at a time, until dressing begins to thicken, then drop in lemon juice or vinegar, a little at a time, while continuing to drop in the oil. After the mayonnaise begins to thicken the oil may be added in larger quantities. Should substance separate, it will be necessary to begin over. The separated dressing may be dropped into the new after the latter begins to thicken. Beat with egg-beater or cooking-spoon. When sufficient quantity is made, put in white of egg and beat in well. Pepper and paprika may be used.

**SALAD DRESSING FOR CABBAGE**

$\frac{1}{3}$ cup butter	1 teaspoon salt
$\frac{3}{4}$ cup vinegar	1 teaspoon mustard
$\frac{1}{4}$ cup water	3 eggs, well beaten
Mix and cook until thick and smooth. Use cold.	

**SOUR CREAM DRESSING**

$\frac{1}{2}$ pint sour cream	1 teaspoon salt
2 tablespoons lemon juice	$\frac{1}{4}$ teaspoon pepper
2 tablespoons vinegar	1 teaspoon or more mixed
1 scant tablespoon sugar	mustard

Beat cream with an egg beater until smooth and light. Mix other ingredients and gradually add to cream, beating all the while. This dressing may be modified to suit different vegetables. Having beaten sour cream for a foundation the seasoning may be anything desired, as, for example, the mustard and lemon may be omitted, and any kind of catsup added.

## CHAPTER VIII.

# PUDDINGS

---

### APPLE TAPIOCA PUDDING

2 cups pearl tapioca	1 cup sugar
2 cups milk	Apples, sliced
2 eggs	

Wash tapioca. Place in pudding-dish with alternate layers of apples, apple sauce may be used if apples do not cook quickly. For filling, beat eggs, add sugar and milk. Pour this over the apples and tapioca. Bake until apples are done—about half hour. Whites of eggs may be beaten separately and put on top of pudding after it is baked.

### APRICOT PUDDING NO. 1

Turn one jar apricots into a deep pudding dish. Butter well slices of bread and cover apricots. Bake until brown and serve with whipped cream.

### APRICOT PUDDING NO. 2

1 cup dried apricot sauce	Whites 2 eggs
1 cup boiling water	Sugar to taste
Tablespoon gelatine	

Dissolve gelatine in boiling water, add to apricot sauce and when it begins to harden add whites of eggs beaten stiff. Serve with cream in sherbet cups or pastry cases.

### BLACK PUDDING

1 cup molasses	1 teaspoon soda
$\frac{1}{2}$ cup hot water	1 egg
$1\frac{1}{2}$ cups flour	

Dissolve soda in hot water, add to molasses and stir in the flour, then egg well beaten. Beat mixture thoroughly and steam one and a half hours. Serve with Black Pudding Sauce.



**BLACKBERRY DUMPLING PUDDING**

- |                     |                          |
|---------------------|--------------------------|
| 2 cups flour        | 3 level teaspoons baking |
| 1 egg               | powder                   |
| 1 tablespoon butter | Salt                     |

Sift dry ingredients, mix with milk and beaten egg to make a stiff batter. Turn out on board, form into long strips, cut into twelve pieces, and drop into the boiling juice of two quarts of blackberries. Serve juice that remains as a sauce.

**EREAD PUDDING**

- |                             |                     |
|-----------------------------|---------------------|
| 1 quart milk                | 2 eggs              |
| 2 cups dry bread crumbs     | 1 teaspoon cinnamon |
| 2 tablespoons melted butter | A dash of nutmeg    |
| ½ cup sugar                 | A pinch of cloves   |
| 2 teaspoons baking powder   |                     |

Let the bread crumbs soak two hours in the milk. Mix in other ingredients, beating eggs separately and adding last. Bake in moderate oven forty-five minutes. Serve with hard sauce. Will serve six.

**CARROT PUDDING**

- |                           |                           |
|---------------------------|---------------------------|
| 1 cup raw carrot, grated  | 1 teaspoon cinnamon       |
| 1 cup raw potato, grated  | 1 teaspoon nutmeg         |
| 1 cup sugar               | 1 tablespoon ground choc- |
| 1 cup flour               | olate                     |
| 1 cup raisins, seeded and | 1 teaspoon soda           |
| chopped                   | Butter size of an egg     |

Cream butter and sugar, add grated carrot and potato, flour, into which the soda has been well mixed, then spices and raisins. Fill pound baking powder cans about three-fourths full, set in kettle of boiling water, steam about one hour, and set in oven to dry a little. Serve hot with any sauce desired. A few ground or chopped walnuts improve the pudding very much. Will serve twelve.

**CHOCOLATE PUDDING NO. I**

- |                     |                         |
|---------------------|-------------------------|
| 1 pint milk         | 2 eggs                  |
| 1 pint bread crumbs | 2 tablespoons chocolate |

Scald milk, add bread crumbs and chocolate. Remove from fire, add half cup sugar and the beaten yolks. Bake fifteen minutes. Use whites of eggs for top, beaten stiff and sweetened. Note—More milk may be needed if crumbs are dry. Serve with cream.

**CHOCOLATE PUDDING NO. 2**

- |                             |                             |
|-----------------------------|-----------------------------|
| 3 eggs                      | 3 rounded tablespoons corn- |
| 3 cups milk                 | starch                      |
| $\frac{1}{2}$ cup chocolate |                             |

Mix the corn-starch with a little milk, beat the yolk of eggs. Mix the chocolate with a little warm water and stir in the corn-starch, then add sugar, milk and vanilla. Boil in double boiler until it thickens; remove from fire and stir in well beaten whites of eggs. Pour into small molds or into a large dish.

**COCOANUT PUDDING**

- |                           |                                   |
|---------------------------|-----------------------------------|
| $1\frac{1}{2}$ pints milk | $\frac{1}{2}$ cup sugar           |
| 2 tablespoons flour       | $\frac{2}{3}$ cup fresh cocoanut, |
| 2 whites of eggs          | grated                            |

Boil milk and sugar together and thicken with flour and milk stirred to a smooth paste. Pour this over whites which have been beaten to a froth. Fold in and add cocoanut.

**Sauce**

- |                 |                         |
|-----------------|-------------------------|
| 1 cup milk      | $\frac{1}{2}$ cup sugar |
| 2 yolks of eggs | 1 teaspoon butter       |

Custard sauce made by boiling ingredients until creamy. Serve all cold.

**COTTAGE PUDDING**

- |               |                          |              |
|---------------|--------------------------|--------------|
|               | 1 cup sugar              | 1 egg        |
| 3 teaspoons   | $\frac{1}{2}$ cup butter | 3 cups flour |
| Baking Powder | 1 cup milk               | Vanilla      |

Cream butter and sugar, add beaten egg, then milk and flour, beat thoroughly. Pour into baking-dish, bake in moderate oven for about forty-five minutes. Will require less time in gem pans. Serve with a sauce.

**ENGLISH PLUM PUDDING**

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| 1 lb. seeded raisins                  | 1 lb. mixed peels                |
| 1 lb. currants                        | $\frac{1}{4}$ ounce mixed spices |
| 1 lb. butter or crisco                | $\frac{1}{2}$ nutmeg             |
| $\frac{1}{2}$ lb. sugar               | 1 small grated carrot            |
| $\frac{1}{2}$ lb. finely grated bread | 8 eggs                           |
| $\frac{1}{2}$ lb. flour               | Grated rind 1 lemon              |

Mix all dry ingredients together and moisten with the well beaten eggs. Mix well. Steam six hours. Serve with English Plum Pudding Sauce.

### FAREWELL PUDDING

Toast pieces of left-over cake, or crumble them without toasting, place in pudding dish, pour over them any fruit juices or jellies, and over this Custard Sauce. Use beaten whites of eggs with sugar for frosting.

### FRUIT PUDDING NO. 1

1 cup flour	Milk
1 teaspoon baking powder	Fruit or berries
1 teaspoon salt	

Sift dry ingredients and mix in enough milk to make a batter that can be dropped from a teaspoon. Stew fruit or berries, with plenty of juice and, when boiling, drop the dough on top, in bits from a teaspoon. Cook twenty minutes.

### FRUIT PUDDING NO. 2

$\frac{1}{2}$ cup sugar	1 cup flour
$\frac{1}{2}$ cup milk	$1\frac{1}{2}$ teaspoons baking powder
1 egg	4 to 6 apples
$\frac{1}{2}$ cup water	Vanilla

Select apples that are juicy and will cook quickly. Slice them into baking pan, sprinkle with sugar and pour over this the water and batter made by mixing the sugar, milk, eggs, flour, baking powder and vanilla. Bake about three-quarters of an hour.

### GINGER PUDDING

6 apples	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon powdered ginger
$\frac{1}{2}$ teaspoon powdered cinnamon	1 teaspoon soda
1 cup molasses	Flour
$\frac{1}{2}$ cup butter	Salt

Peel and slice apples, add sugar, salt, cinnamon, place in buttered pudding dish. Melt butter, add molasses, with ginger and soda dissolved in a little boiling water, then enough flour to make thin batter. Pour this mixture over apples. Bake in moderate oven half hour. Serve with whipped cream.

**GRAHAM PUDDING**

1 cup graham flour	$\frac{3}{4}$ cup molasses
1 cup sweet milk	1 teaspoon soda, level
1 cup raisins, seeded and chopped	$\frac{1}{2}$ teaspoon salt Cloves, nutmeg, cinnamon

For Pudding.—Mix together, steam two hours.

**Sauce**

1 cup sugar	Grated rind and juice of
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ lemon
1 egg well beaten	Water

For Sauce.—Mix together, add six tablespoons boiling water, one by one. Keep hot. Do not boil.

**ICE-BOX PUDDING**

4 squares Baker's sweet chocolate	4 tablespoons sugar 4 tablespoons water
$1\frac{1}{2}$ dozen lady fingers	3 eggs

Boil sugar and water to make syrup. Melt chocolate in double boiler, and pour hot syrup over it. Take from fire and beat for ten minutes. Add beaten eggs. Line a bread tin with oiled paper. Split lady fingers and place them on sides and bottom of tin. Put layers of chocolate mixture and split lady fingers into tin. Let stand for several hours. Serve with cream. Will serve eight.

**INSTANT TAPIOCA PUDDING**

$\frac{1}{2}$ cup instantaneous tapi- oca	$\frac{1}{2}$ cup sugar $\frac{1}{2}$ teaspoon salt
1 quart milk	1 teaspoon extract vanilla
2 eggs	

Stir tapioca into two cups of milk, beat yolks of eggs, stir into milk, add vanilla. Bring balance of milk to a boil, and stir in the mixture. Cook two minutes, then add the beaten whites of eggs. Serve with whipped cream or fruit sauce.

**LEMON PUDDING**

3 large or 4 small eggs	3 rounded tablespoons corn-
3 cups water	starch
1 $\frac{2}{3}$ cups sugar	Juice of 2 or 3 lemons
	Butter size of an egg

Separate whites and yolks of eggs. Bring water to a boil in double boiler. Beat yolks of eggs, add cornstarch and sugar, beat all together and stir into heated water, add juice of lemons. Cook in double boiler until thickened. Remove from fire and stir in the beaten whites.

**OLD FASHIONED RICE PUDDING**

2 rounding tablespoons rice	1 teaspoon vanilla
1 pint milk	$\frac{1}{3}$ cup thick cream
3 rounding tablespoons sugar	Salt

Place milk and uncooked rice in casserole. Set dish in pan of hot water and bake in moderate oven one hour, then add salt, nutmeg and sugar. Cover and bake slowly half an hour, stirring two or three times. Add vanilla and cream and return to oven for about ten minutes. The pudding should not be soft when done. Each kernel should be separate, but thoroughly cooked. In baking, as the light brown film forms on top, stir it into the pudding, as it adds to the flavor.

**ORANGE PUDDING**

1 cup of fine bread crumbs	Juice of 2 oranges
$\frac{1}{2}$ cup of milk	A little grated rind
$\frac{3}{4}$ cup of sugar	Nutmeg
2 eggs (beaten separately)	

Soak the bread crumbs in the milk, add juice of oranges, the grated rind, sugar, eggs and trifle of nutmeg. Bake from twenty to thirty minutes in a pan of water. Serve hot or cold with whipped cream.

**SNOW PUDDING**

- |                                |          |
|--------------------------------|----------|
| $\frac{1}{2}$ package gelatine | 2 lemons |
| $1\frac{1}{2}$ cups sugar      | 3 eggs   |
| 1 pint milk                    |          |

Cover gelatine with cold water and when soft stir into it a pint of boiling water; add one cup sugar and juice of lemons. When cold and just beginning to thicken add the well beaten whites of eggs. Beat all till light and smooth. Pour mixture into two moulds, and set away to cool. Serve with custard made with yolks of eggs, milk and half cup of sugar. Will serve twelve.

**SOOTLACH (A Turkish Dish)**

- |                                      |                       |
|--------------------------------------|-----------------------|
| $2\frac{1}{2}$ quarts milk (10 cups) | Salt, sugar, cinnamon |
| 9 small tablespoons rice             |                       |

Cook over slow fire until creamy, stirring frequently, add sugar to taste, pour into flat dish, sprinkle with cinnamon. Serve with cream. (Usually for one cup milk take small tablespoon rice and then add one more cup milk a little later.) Serves eight.

**SPOONFUL PUDDING**

- |                                  |                                |
|----------------------------------|--------------------------------|
| 1 egg                            | 1 tablespoon milk              |
| 1 level tablespoon butter        | 1 level teaspoon baking powder |
| 2 tablespoons sugar              |                                |
| 2 heaping tablespoons flour      | Pinch of salt                  |
| 1 heaping tablespoon corn-starch | Raspberries                    |

Cream butter and then cream sugar and butter. Mix salt, cornstarch and flour, reserving a little of the flour to mix with baking powder later. Sift these dry ingredients and mix with butter and sugar. Add milk and yolk of egg. Beat thoroughly. Add baking powder and then fold in white of egg. Butter three cups and put two tablespoons of red raspberries into each. Cover berries with two tablespoons of batter. Steam forty minutes or bake in moderate oven. Serve with cream.

**SPONGE PUDDING**

1 quart milk

 $\frac{3}{4}$  cup sugar

1 cup flour

6 eggs

 $\frac{1}{3}$  cup butter

Put milk into double boiler, mix flour with some of cold milk to a smooth paste, when milk boils stir in. Set off to cool. Add sugar and butter. When cool, add well beaten yolks and beat hard. Beat whites stiff and stir in last. Set in pan of hot water in a moderate oven and bake an hour. Serve cold with cream or whipped cream. Serves six.

## PUDDING SAUCES

2 eggs                      1 cup sugar  
 ½ cup butter            1 teaspoon vanilla  
 Cream butter and sugar. Add the beaten eggs. Beat well  
 and flavor with vanilla.

1 cup granulated sugar      1 cup hot water  
Melt the sugar in an iron saucepan and stir until it is a light brown color. Add boiling water and cook for two minutes. Pour into a bowl and set aside to cool.

1 cup milk                      ½ cup sugar  
2 yolks of eggs                1 teaspoon butter

Boil ingredients in double boiler until creamy. Flavor to taste.

½ cup sugar	Salt
1 egg	Vanilla

Beat egg, add sugar by degrees, then pinch of salt, and vanilla.

4 tablespoons flour	4 tablespoons butter
1 quart water	1 teaspoon vanilla
$\frac{1}{4}$ teaspoon nutmeg	1 teaspoon lemon
1 cup sugar	$\frac{1}{4}$ teaspoon salt

Melt butter in saucepan, stir in flour, add warm water, cook until smooth, then add other ingredients.



### HARD SAUCE

2 eggs	1 cup sugar
$\frac{1}{2}$ cup butter	Vanilla

Cream butter and sugar, add well beaten eggs. Flavor.

### LEMON SAUCE

1 pint boiling water	2 tablespoons butter
1 cup sugar	1 lemon
2 tablespoons cornstarch	

Blend sugar and cornstarch, pour over boiling water and cook twenty minutes. Add butter and lemon juice and remove from stove.

### ORANGE SAUCE

$\frac{1}{2}$ cup sugar	2 tablespoons flour
2 tablespoons butter	1 orange
2 cups water	Pinch salt

Melt butter in saucepan, stir in flour, add warm water, juice and rind of orange, and salt.

### SILVER SAUCE

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon boiling water
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ teaspoon vanilla
2 eggs (whites)	

Cream butter and sugar. Beat in stiffly whipped whites. Add water and flavoring. Let stand before serving.

### GOLDEN SAUCE

Use recipe for Silver Sauce, adding yolks of eggs.

### STRAWBERRY SAUCE

Use recipe for Silver Sauce, omitting eggs and adding one-half cup of crushed strawberries.

### VANILLA SAUCE

2 tablespoons flour	2 tablespoons butter
3 cups water	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	Pinch of salt

Melt butter in saucepan, then stir in flour, add the water, warm preferred, vanilla and salt.

## CHAPTER X.

# PASTRY

---

### PASTRY DOUGH

1 cup flour  
1/2 cup crisco

1/2 teaspoon salt

Rub flour and crisco together, stir in enough cold water to make medium stiff dough. Roll into piece large enough for crust, spread with crisco, fold once and roll again. Small left-over pieces may be used for pastry cases.

### PASTRY CASES

Use pastry recipe. Turn individual tin patty-tins upside down on baking sheet, cover outside of tin with pastry rolled thin, bake. These cases may be kept for several days, and may be used in serving stewed protose, peas, corn, creamed oysters, fruit, etc. Makes an attractive dish.

### PIE CRUST NO. 1

2 cups flour  
1 cup crisco  
1 level teaspoon baking powder

1 teaspoon salt  
Water

Add salt and baking powder to flour and sift. Chop flour and crisco together, then gradually add water enough to make stiff dough. Place on floured board, sprinkle over with flour, roll out and fold into three layers, roll again and repeat this process four times. An excellent crust.

### PIE CRUST NO. 2

1 cup flour  
1 teaspoon salt

4 tablespoons crisco  
3 tablespoons water

Sift flour and salt, cut in crisco, using two knives, add water. Pie crust dough must be stiff. Roll on floured board and spread with crisco. To make a flaky pie crust, repeat this five or six times.

## CHAPTER XI.

# PIES

---

### APPLE PIE

Tart apples	1 teaspoon cinnamon
1 cup sugar	or
Salt	$\frac{1}{2}$ teaspoon nutmeg

Line pan with Pie Crust No. 1 or No. 2. Put in layer of thinly sliced apples, sprinkle with sugar into which spice has been mixed, and also a tablespoonful of flour if apples are juicy, dot with bits of butter. Repeat these layers until pan is full, cover with top crust, prick with fork, brush over with water or milk and bake in moderate oven.

### CHOCOLATE PIE

1 pint milk	3 scant tablespoons chocolate
2 egg yolks	1 tablespoon cornstarch
1 cup sugar	Butter size of walnut

Bake crust first. Put milk into double boiler, let come to a boil. Mix well the other ingredients and add to the boiling milk. Put into baked crust. Beat whites of eggs with one tablespoon sugar, spread on top and brown.

### CRUSTLESS CUSTARD PIE

2 tablespoons flour	1 quart milk
4 tablespoons sugar	Vanilla
3 eggs, well beaten	Salt

Mix eggs, sugar, flour and salt together. Add milk slowly, beating constantly, flavor, pour into large buttered pie pan. Bake in moderate oven until custard sets.

**CUSTARD PIE**

- |                                        |                                     |
|----------------------------------------|-------------------------------------|
| 3 whole eggs or yolks of 6             | $\frac{1}{4}$ teaspoon salt         |
| 3 heaping tablespoons granulated sugar | $1\frac{3}{4}$ cup rich milk (cold) |
| 1 tablespoon melted butter             | Nutmeg or extract                   |

Beat eggs and sugar in a bowl until well mixed, add butter, salt and beat again, then milk and pour into deep pie plate, lined with pastry. Dust the top with nutmeg and bake in a moderate oven until custard sets.

This is a good way to use up yolks after making white cake, and is even better than the whole egg. A little cream is also better than butter.

**EGGLESS PUMPKIN PIE**

- |                                           |                   |
|-------------------------------------------|-------------------|
| 1 cup cooked pumpkin                      | 1 cup brown sugar |
| 2 cups cream or milk (if milk add butter) | 1 teaspoon ginger |
| 1 teaspoon flour                          | Pinch of salt     |
|                                           | Cinnamon, nutmeg  |

Mix dry ingredients, add to pumpkin and milk. Sprinkle cinnamon and nutmeg over pie and bake in a moderate oven. Some like two teaspoons of molasses and white sugar and one teaspoon baking powder added to this.

**LEMON PIE NO. 1**

- |             |                                |
|-------------|--------------------------------|
| 4 eggs      | Juice of $1\frac{1}{2}$ lemons |
| 1 cup sugar | Grated rind of lemons          |

Beat yolks of eggs well, add sugar, lemon juice and rind, put into double boiler and cook until a thick cream, beat into this the very stiff whites, pour into already baked pie-crust and place in hot oven to brown.

**LEMON PIE NO. 2**

- |                                      |                          |
|--------------------------------------|--------------------------|
| 1 cup sugar                          | 2 eggs                   |
| 1 cup cold water                     | Butter size of small egg |
| 1 tablespoon cornstarch              | Juice of lemon           |
| 1 slightly rounded table-spoon flour |                          |

Blend sugar, yolks of eggs, flour and cornstarch, add water, butter and grated rind of lemon. Cook in saucepan until mixture thickens, stirring constantly. Turn into a baked pie-crust, cover with a meringue made of the whites of eggs and one table-spoon sugar, cover pie and brown.

**LEMON PIE NO. 3**

- |                                           |                    |
|-------------------------------------------|--------------------|
| 1 slice of bread $1\frac{1}{2}$ in. thick | 3 yolks of eggs    |
| $1\frac{1}{2}$ cups boiling water         | 2 or 3 whites      |
| $1\frac{1}{2}$ cups sugar                 | Butter size of egg |
| $1\frac{1}{2}$ lemons                     |                    |

Pour boiling water over bread, add sugar, beaten yolks, juice and grated rind of lemon, melted butter. Bake in uncooked crust, cover with meringue made from beaten whites to which three level tablespoons of sugar have been added. Brown in oven.

**LEMON PIE NO. 4**

- |                     |                     |
|---------------------|---------------------|
| 3 eggs              | 5 tablespoons water |
| 4 tablespoons sugar | Salt                |
| 1 lemon             |                     |

To well beaten yolks add water, sugar, salt, juice and rind of one lemon. Put into double boiler and cook until mixture thickens. Beat whites of eggs until stiff, add four tablespoons sugar, one at a time and fold into custard. Pour into baked crust. Bake until custard puffs up.

**MINCE MEAT, VEGETARIAN**

- |                                                             |                                                             |
|-------------------------------------------------------------|-------------------------------------------------------------|
| 3 pints sour apples                                         | 3 cups raisins                                              |
| 3 Pints green tomatoes<br>(peeled and water<br>pressed out) | $\frac{1}{2}$ teaspoon each of cloves,<br>mace and allspice |
| 4 cups brown sugar                                          | 2 teaspoons salt                                            |
| 1 pint boiled cider                                         | 2 teaspoons cinnamon                                        |
| or                                                          | Juice of 1 lemon                                            |
| 1 cup vinegar                                               |                                                             |

Grind or chop apples and tomatoes. Mix all together and cook slowly three hours. Seal in glass jars for winter use. In making the pie, before putting on top crust, dot with pieces of butter. This takes the place of the suet in the old-fashioned mince meat.

**PINEAPPLE PIE**

- |              |                         |
|--------------|-------------------------|
| 1 cup sugar  | 1 can pineapple         |
| 3 eggs       | 1 tablespoon cornstarch |
| ½ cup butter | 1 cup sweet cream       |

Make pie crust. Beat butter, sugar and yolks of eggs to a cream, add pineapple (minced). Dissolve cornstarch in cream and add to mixture, mix thoroughly. Beat whites of eggs very stiff, fold in lightly. Fill crust, bake in moderate oven. Serve cold. If desired, both yolks and whites of eggs may be beaten in with pineapple and pie baked with two crusts.

**RHUBARB PIE**

- |                 |                    |
|-----------------|--------------------|
| 1½ cups rhubarb | 1 egg              |
| ⅔ cup sugar     | 1 tablespoon flour |

Prepare the rhubarb and scald it as for stewing; mix with the other ingredients and bake between two crusts.

**SQUASH OR PUMPKIN PIE**

- |                |                                                |
|----------------|------------------------------------------------|
| 3 cups squash  | 2 cups brown sugar                             |
| ½ cup molasses | 1 teaspoon each of cinnamon,<br>ginger, cloves |
| 2 eggs         |                                                |
| 2 cups milk    |                                                |

Make pie crust. Mix ingredients together, place in crust and bake in moderate oven about half an hour.

## CHAPTER XII.

# PRUNES

---

### JUST A WORD ABOUT PRUNES

The right prunes cooked right are delicious. They are more than fruit; they make the best breakfast food in the world. Santa Clara Valley residents, of all communities, have absolutely the best deciduous green fruits, berries and melons at their command; yet a large proportion eat prunes with cream every morning in the year. In pies, cakes, souffles, and fifty other ways, prunes make a tooth-some article of diet. A cook book from Santa Clara Valley would be incomplete without a prune department.

### BABY'S EVENING MEAL

Press through a sieve six or eight prunes with juice. Add to pulp a couple of tablespoons of cream. Serve with a slice of toasted whole wheat bread or unsweetened graham or other wafer and a glass of milk.

### BAKED PRUNE DUMPLINGS

2 cups sifted flour	Walnuts
2 tablespoons crisco	Water to mix
$\frac{1}{4}$ teaspoon salt	Stewed prunes
2 teaspoons baking powder	

Make paste, roll out, and cut in five-inch squares, one-fourth inch thick. Pit prunes, stuff with half walnuts. Place six in each square of paste. Sprinkle with sugar, dot with butter. Pinch squares together, brush with white of egg and cover with granulated sugar. Bake in moderate oven. Serve with cream or hot sauce.

**BAKED PRUNES**

Cover a quart of prunes with boiling water and bring to a boil quickly in a covered kettle. Boil steadily for twenty minutes. Then remove cover and simmer till about one-half cup of liquid is left. Add lemon juice to flavor and simmer a little longer. Turn the contents of the kettle on a large granite pie plate; it should hold the prunes in one compact layer; cover with another plate and bake in a moderate oven until nearly all the juice has disappeared. Turn each prune with the tine of a fork and return uncovered to a slow oven, if too hot the door may be left open. Allow to remain a few minutes until they are glossy but not dry. The prunes should be rather firm when done but not hard, care being taken not to blister them. Put away in a covered dish and serve with cream or crisp walnuts.

**EDEN VALE PRUNE WHIP**

1 pint stewed prunes	6 egg whites
$\frac{1}{3}$ pint thick cream	Raspberry or loganberry jelly

Drain prunes thoroughly, pit them and rub through colander; avoid rubbing the skins through as much as possible. Beat the whites of eggs to a stiff froth; then by degrees beat this into sifted prunes. If not sweet enough to suit taste, add a tablespoon of sugar. The delicacy of this dish depends largely upon the thoroughness with which the ingredients are beaten together. When well beaten, pour into glass dish. Whip cream and spread evenly over top of pudding. Then fleck the whipped cream with bits of jelly. Serve with cream or if preferred with a custard made from the yolks of six eggs.

**PRUNE BREAD**

$1\frac{1}{2}$ cups white flour	$1\frac{3}{4}$ cups thick sour milk
$1\frac{1}{2}$ cups fine graham flour	$\frac{1}{2}$ cup molasses
2 rounding tablespoons white or brown sugar	1 teaspoon soda, a trifle more than level
1 level tablespoon salt	1 heaping cup stewed prunes

Remove pits from prunes and cut them up in the cup with a knife. Mix them thoroughly into the milk, soda and molasses. Add dry ingredients, which have been mixed together; beat well. Bake in two or three round loaves in moderate oven about forty minutes, watching carefully towards the last as it burns easily. The bread is improved by baking in small heavy earthenware pudding dishes or in small steel skillets.



**PRUNE LAYER CAKE**

2 cups sugar	1 teaspoon baking powder
½ cup butter	1 teaspoon powdered mace
3 eggs	1 cup chopped walnuts
⅔ cup sweet milk	1 cup steamed prunes

Cream butter and sugar, add eggs, milk, flour previously sifted with baking powder and mace. Line cake pan with buttered paper, fill in a layer of cake batter, spread a layer of chopped prunes over this, then a layer of nuts. Repeat until pan is two-thirds full. Bake in a steady, but not quick, oven.

**PRUNE PUDDING NO. 1**

3 tablespoons sugar	1 teaspoon soda
2 tablespoons butter	1½ cups chopped prunes
1 egg	Salt
1 large cup buttermilk	Nutmeg
1½ cups flour	

Cream butter and sugar, stir in egg, add buttermilk, soda dissolved in a little warm water, chopped prunes, flour, salt, nutmeg. Fill baking powder cans two-thirds full, steam three hours. Serve with vanilla sauce.

**PRUNE PUDDING NO. 2**

Crumbled bread	Butter
Chopped stewed prunes	1 cup chopped walnuts

Put a layer of broken bread into a baking-dish, then a layer of chopped prunes and bits of butter, repeat till you have quantity desired. Pour prune juice over pudding and add chopped walnuts as final layer. Bake twenty minutes in moderate oven. Serve with hard sauce.

**PRUNE PUDDING NO. 3**

1 quart stewed prunes	4 tablespoons sugar
4 eggs	

Beat whites of eggs very stiff, add the sugar gradually, then the prunes, pitted and chopped. Turn into buttered dish and bake fifteen minutes. Serve with cream.

### PRUNE SOUFFLE

1 cup stewed prunes                       $\frac{1}{2}$  cup sugar  
3 eggs (whites)

Remove pits from prunes and chop fine. Add whites of eggs and sugar beaten to a stiff froth. Mix well, turn into a buttered dish and bake thirty minutes in a moderate oven. Serve with whipped cream.

### STEWED PRUNES NO. 1

Cleanse thoroughly, soak in water ten or twelve hours, adding a little granulated sugar when putting to soak; for although the fruit is sweet enough, experience has shown that the added sugar changes by chemical process into fruit sugar and brings out better the flavor of the fruit. After soaking, the fruit will assume its full size, and is ready to be "simmered" on back of stove. Do not "boil" prunes, that is what "spoil" prunes. Simmer only. Keep lid on. Shake gently, do not stir. When tender are ready for table. Serve cold. Added just before simmering, a little sliced lemon or orange gives a rich color and flavor to syrup.

### STEWED PRUNES NO. 2

Wash prunes, cover with hot water, let stand until water is cool, drain, cover two inches above top of prunes with hot water, bring quickly to a boil. Set on back of stove and simmer till water is boiled down about one-half. When soft, add a little sugar. Some prunes require no sugar cooked in this way.

### STEAMED PRUNES

Steam until the fruit is swollen to its original size and is tender. Sprinkle with powdered sugar and squeeze lemon juice over them.

### STUFFED PRUNE PIE

Two cups flour, three tablespoons crisco, one-half teaspoon salt, enough ice or cold water to mix so there are dry flour flakes left in bowl. Cover pie tin with crust. Fill with cooked prunes, pitted and stuffed with nut meats; cover with prune juice; dash of cinnamon if desired. Bake and then cover with meringue made of white of two eggs beaten stiff, add three tablespoons sugar; brown in oven. Delicious with whipped cream instead of meringue.

**STUFFED PRUNES**

Wash choice prunes several times in boiling water. Steam half an hour or until pliable. Remove pits with the point of a sharp paring knife. Stuff with walnut kernels and roll in powdered sugar.

Stuffed prunes are more delicious when eaten the same day as the walnuts soon lose their crispness, owing to the moisture of the prunes.

## CHAPTER XIII.

# MISCELLANEOUS DESSERTS

### APPLE CRISP

8 apples	5 level tablespoons butter
$\frac{1}{2}$ cup water	1 cup sugar
1 teaspoon cinnamon	$\frac{3}{4}$ cup flour

Slice apples and place in baking dish. Mix sugar, flour, cinnamon, butter and sprinkle on top of apples. Pour water over all and bake.

### APPLE AND QUINCE SAUCE

Peel and slice two quince and cook while paring apples. Pare and slice about twelve apples that will cook quickly and put in with quince. Heat thoroughly on fire, put into fireless cooker for three hours. Remove from cooker, sweeten, heat again, replace in cooker, cook for two hours. Before serving put through colander.

### BAKED APPLES NO. 1

12 green apples	$\frac{1}{4}$ cup butter
1 cup sugar	Pinch salt
$\frac{1}{2}$ cup flour	Water

Wash apples, core with corer. Cream flour, sugar and butter, fill centers. Bake in moderate oven until done, usually about one-half hour.

### BAKED APPLES NO. 2

12 apples	Cinnamon
$\frac{3}{4}$ cup sugar	Water

Peel and core apples, place in pan with one teaspoon of sugar in center of each, sprinkle lightly with cinnamon. Bake in moderate oven. When done, place in bottom of pan one-half cup sugar and about half cup water. Replace in slow oven, simmer ten or fifteen minutes. Early apples cannot be baked in this way as they go to pieces. Winter apples are best.

**BAKED PEARS**

12 pears ¼ cup water  
 ¾ cup sugar Stick of cinnamon

Wash ripe pears, core with corer, fill center with sugar, pack in baking pan on their sides, add water, place in hot oven. When almost done, add to juice remaining half cup of sugar and cinnamon stick, and if necessary, more water. Allow pears to simmer in this syrup in slow oven for about fifteen minutes to mellow them. Serve hot or cold.

**BAKED CUP CUSTARD**

5 scant cups milk ¼ teaspoon nutmeg  
 3 eggs Pinch of salt  
 6 dessert spoons sugar

Beat eggs, add milk, sugar and nutmeg. Bake in sherbet cups placed in pan of hot water.

**BAKED BANANAS**

Beat two eggs and one cup of water together. Peel fruit, dip in egg, then in granola, repeat. Place in buttered pan. Bake twenty minutes in hot oven. Serve with Orange Sauce.

**BROWN BETTY**

1 egg Sliced apples  
 ½ cup sugar Butter  
 Bread crumbs Vanilla  
 Cinnamon

Place layers of sliced apple and bread crumbs in a baking dish, sprinkle each layer with sugar, cinnamon and bits of butter. Bake in medium oven one hour. Serve with the following sauce: Beat an egg, adding sugar by degrees and beat well. Flavor with vanilla. Hard sauce may be used.

**CARAMEL CUSTARD**

2 cups sugar 5 eggs  
 2½ cups milk

Melt sugar over a slow fire in a skillet until brown. It requires constant stirring to prevent burning. Remove from fire and stir in milk. Put back on fire and let sugar dissolve thoroughly. Beat eggs very light, pour in milk and dissolved sugar, stir well and pour into custard-cups. Place in pan of hot water and bake in slow oven until done. Be careful not to cook too long.

**CHARLOTTE RUSSE**

1¼ cup milk	1¼ tablespoons granulated
5 tablespoons sugar	gelatine
2 eggs	¼ cup water
¼ teaspoon salt	1 cup heavy cream
	1½ teaspoons vanilla

Scald the milk. Beat yolks of eggs slightly, add two teaspoons sugar, salt, and pour over milk gradually, stirring constantly. Return to double boiler and cook, stirring constantly until mixture thickens slightly and a coating is formed on the spoon; then add the gelatine soaked in the cold water fifteen minutes. As soon as gelatine has dissolved, strain and set pan containing mixture in a pan of ice-cold water, stirring occasionally that mixture may not lump. As mixture thickens add the whites of eggs beaten stiff and the cream beaten stiff, mixed with three tablespoons sugar and the vanilla. Pour into molds and serve with sponge cake.

**COFFEE ITALIAN CREAM**

1½ cups strong coffee	1 tablespoon gelatine (granulated), soaked in a little
½ cup milk	cold water
½ cup sugar	
3 eggs	

Add to coffee, milk, sugar, egg yolks and gelatine. Cook ingredients in double boiler until mixture begins to thicken. Meantime, beat the egg whites very stiff and when the pudding is stiff stir it into them. Add one teaspoon vanilla and set away in a mould wet with cold water. Chill and serve with plain or whipped cream.

Cereal coffee may be substituted but must be strong.

**DELIGHT DESSERT**

Make a cream sponge cake, bake in two layers, cover each layer with stiffly whipped cream, sprinkle with chopped walnuts and serve with chocolate syrup, made as follows: Mix together one cup sugar, one-half cup water, four tablespoons chocolate, boil five minutes.

**FRUIT SALAD AS DESSERT**

- |                            |                  |
|----------------------------|------------------|
| 1 envelope Knox's gelatine | 2 bananas        |
| 3 cups boiling water       | Juice of 1 lemon |
| 2 oranges                  | Cream            |
| ½ cup walnuts              |                  |

Soak gelatine half hour in half cup cold water. Pour three cups boiling water over this and sweeten to taste. Let liquid cool. Add oranges, nuts cut into small pieces, then lemon juice. Serve with cream.

**LEMON CREAM**

- |                             |                 |
|-----------------------------|-----------------|
| 4 eggs                      | 1½ lemons       |
| 5 rounded tablespoons sugar | ⅛ teaspoon salt |

Separate yolks and whites, beat yolks until lemon color, add sugar, grated peel and juice of lemons, stir well. Boil in double boiler until it thickens. Take from the fire and cool, then pour it into the well beaten whites to which salt has been added before beating, stirring well. Put in glass sherbet cups and serve cold.

**LEFT-OVER CAKE DESSERT.**

- |                                |                      |
|--------------------------------|----------------------|
| 1 quart milk                   | Butter size of egg   |
| 3 eggs                         | Sugar, salt, vanilla |
| 1 heaping teaspoon corn-starch |                      |

Toast pieces of left-over cake, put in dish, pour over it custard.

**Custard**

Heat milk in double boiler. Wet cornstarch with a little cold milk, put in eggs and sugar, beat together and stir into the hot milk.

**LEMON BANANAS**

- |                 |          |
|-----------------|----------|
| 1 dozen bananas | 3 lemons |
| 1 cup sugar     |          |

Slice bananas, put sugar and juice of lemons over them and let stand two hours before serving, turning over two or three times while standing. Orange juice may be added.

### MARMALADE MERINGUE

Make rich pastry, roll not too thin, cut into squares or oblongs and bake. Spread with orange marmalade (or other fruit). Cover with meringue made by adding a quarter cup sugar to stiffly beaten white of one egg, salt. Put in oven and brown slightly.

### MINUTE TAPIOCA

1½ pints milk	3 eggs
1 cup minute tapioca	1 tablespoon butter
1 cup sugar	Salt, vanilla, lemon

Put the tapioca and milk into a double boiler and cook fifteen minutes, add sugar, butter, flavoring and a pinch of salt and cook five minutes longer, then add beaten yolks of eggs. Remove from stove and stir in the beaten whites. Pour into dish and serve with cream.

### ORANGE CUSTARD

1 level tablespoon cornstarch	1 teaspoon vanilla
4 oranges	1 heaping cup sugar
1 quart of milk	4 eggs

Mix cornstarch with a little milk, beat yolks of two eggs and two whole eggs and add to cornstarch, then milk, sugar and vanilla. Cook in double boiler until it thickens. Cut four oranges into small pieces in dish in which custard is to be served and sprinkle about half a cup of sugar over them and let stand. Just before serving, pour the custard over the oranges. Beat the whites of two eggs stiff, add a little sugar and drop in spoonfuls over top of pudding. Serves ten.

### PEACH CUPS

1 pint milk	1 tablespoon melted butter
3 cups flour	2 heaping teaspoons baking powder
½ teaspoon salt	Fruit
2 eggs	

Beat eggs, add milk, salt, flour and beat thoroughly, then mix in butter and baking powder. Put a little into each baking cup, then a layer of fruit, cover with more batter and set cups in a pan half filled with boiling water. Bake twenty minutes in quick oven. Serve with cream or soft sauce. Glass sherbet cups may be used.



**PEACH ICE CREAM**

1 quart milk

1 cup sugar

4 eggs

Scald the milk. Beat the eggs and add sugar. Mix together and pour into scalded milk. Cook very slowly, stirring until it thickens a little; set to cool. Cut up six peaches fine and cover with a cup of sugar. Add one pint whipping cream to peaches and then add this to cooked mixture. Freeze.

**PEACH MELBA**

2 eggs

2½ tablespoons boiling

½ cup sugar

water

½ cup flour

Vanilla

¾ teaspoon baking powder Peaches, canned or fresh

Beat yolks and sugar, add water, baking powder, flour and whites of eggs. Pour into greased pan and cover dough with fruit. Bake from a half to three-quarters of an hour. Serve with whipped cream.

**PINEAPPLE FLIP**

1 can minced pineapple

1 tablespoon cornstarch

2 cups water

Small lump butter

1½ cups sugar

Yolks 2 eggs

Mix together above ingredients and cook in double-boiler. As soon as it thickens, pour into a deep dish and spread the beaten whites of eggs over top, brown slightly. Serve very cold.

**PINEAPPLE FLUFF**

1 tablespoon gelatine

1 cup sugar

1 cup cold water

1 cup pineapple

1 cup boiling water

1 pint cream

Soak gelatine in cold water, dissolve in boiling water, add sugar and pineapple. Turn mixture into cream which has been well whipped. Mould and serve with soft custard.

**PINEAPPLE TAPIOCA**

2 tablespoons minute tapioca 1 cup grated pineapple

1 cup water

1 tablespoon sugar

Cook in double-boiler tapioca, water, pineapple, sugar and salt twenty minutes or until top is clear. Serve hot or cold, with or without cream. Mould if desired.

**STRAWBERRY SHORT CAKE**

2 cups flour	1 cup butter and crisco
3 level teaspoons baking powder	mixed
$\frac{1}{4}$ teaspoon salt	1 egg
	1 tablespoon sugar
	Milk

Work shortening into the flour, add baking powder, salt, break egg into flour, add enough milk to make a thick batter, stir well. Bake in shallow pan about twenty minutes. When done, remove from pan, split and spread with butter. Cover with the berries, which have been crushed and sweetened. Serve at once.

**STRAWBERRY DESSERT**

1 quart strawberries	1 cup water
1 cup sugar	1 lemon
$\frac{1}{2}$ box gelatine	Whites 4 eggs

Mash the berries and stir in one-half cup sugar, cover the gelatine with a gill of water and let stand one hour. Make a syrup of one-half cup sugar and one cup water, simmer slowly twenty minutes. Strain the berries, pour boiling syrup over gelatine, return to the fire and stir until dissolved. Remove, add berry juice and lemon juice. Set aside until mixture begins to cool, beat ten minutes, add gradually as it thickens the well beaten whites and beat until quite stiff.

## CHAPTER XIV.

# COOKIES, DOUGHNUTS and WAFERS

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### DROP COOKIES

4 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{3}{4}$ cup chopped raisins or
4 tablespoons sweet milk	walnuts
2 eggs, beaten	1 teaspoon vanilla
2 cups flour, well rounded	Little nutmeg
2 teaspoons baking powder	

Cream butter and sugar, add eggs, then flour, into which salt and baking powder have been put, then nutmeg, raisins and flavoring. Stir until thoroughly mixed. Drop from teaspoon on buttered tins, leaving a space between each cookie. Bake in moderate oven.

### FRUIT COOKIES NO. 1

2 egg	1 cup currants
1 cup brown sugar	1 teaspoon each of soda, salt
$\frac{2}{3}$ cup butter	and cinnamon
$\frac{1}{2}$ cup hot water	$\frac{1}{3}$ teaspoon cloves
1 cup raisins	$\frac{1}{2}$ teaspoon nutmeg

Mix the whole with enough flour to roll or drop. Bake in moderate oven.

### FRUIT COOKIES NO. 2

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
1 cup sugar	$\frac{1}{2}$ cup chopped walnuts
2 eggs	$\frac{1}{4}$ cup chopped raisins
$\frac{1}{2}$ teaspoon soda	$\frac{1}{4}$ cup chopped currants
3 tablespoons hot water	$1\frac{3}{4}$ white flour
$\frac{1}{4}$ teaspoon salt	

Cream butter and sugar, add eggs well beaten, soda dissolved in water and one-half the flour with salt and cinnamon. Then add fruit and the rest of the flour. Drop on greased pan and bake in a moderate oven fifteen or twenty minutes.

**GRAHAM COOKIES**

3 cups Graham flour	4 tablespoons milk
1 cup sugar	1 teaspoon soda (scant)
1 cup butter	1 teaspoon nutmeg
2 eggs well beaten	Salt

Cream butter and sugar. Add beaten eggs and milk, then dry ingredients, previously sifted. Roll thin, cut and bake in moderate oven.

**GINGER COOKIES**

1 egg	1 teaspoon ginger
1 cup brown sugar	1 teaspoon soda, dissolved in
1 cup molasses	3 tablespoons hot water
1 cup butter or crisco	Flour

Mix the whole with enough flour to roll out nicely. Bake in moderate oven.

**HONEY DROP COOKIES**

½ cup butter	3 tablespoons lemon juice
½ cup sugar	3½ cups flour
1 cup honey	1 teaspoon soda
2 eggs beaten separately	Rind of lemon (yellow part only)

Cream sugar and butter, add honey, beaten yolks and flour to which soda has been added, then juice, rind of lemon and beaten whites. Mix, roll thin, cut and bake in moderate oven.

**OATMEAL COOKIES**

1 cup sugar	2 cups oatmeal
2 eggs	1 cup raisins
1 cup butter	1 teaspoon soda
5 tablespoons sour milk	Salt
2 cups flour	

Beat eggs, add sugar and beat again, then add melted shortening and milk in which soda has been dissolved, salt. Mix well, add flour, oatmeal, chopped raisins well floured. Drop from a teaspoon on a well buttered tin. Bake in moderate oven.

**PINOCHIE WAFERS**

- |                          |                       |
|--------------------------|-----------------------|
| 1 cup brown sugar        | 4 tablespoons flour   |
| 3 eggs                   | 1 cup chopped walnuts |
| ¼ teaspoon baking powder | Pinch salt            |

Beat eggs, add sugar, then dry ingredients and nuts. Must be dropped on greased enamel pan allowing room for spreading. Bake until a delicate brown.

**ROLLED OATS COOKIES NO. 1**

- |                       |                     |
|-----------------------|---------------------|
| 1 cup sugar           | 1 teaspoon nutmeg   |
| 1 cup butter          | 2½ cups rolled oats |
| 4 tablespoons milk    | 2¼ cups flour       |
| 2 eggs well beaten    | Salt                |
| 1 scant teaspoon soda |                     |

Mix sugar, butter, eggs, milk, nutmeg and soda dissolved in a little hot water, salt, then flour and rolled oats. Roll thin, cut and bake in moderate oven.

**ROLLED OATS COOKIES NO. 2**

- |                              |                                                   |
|------------------------------|---------------------------------------------------|
| 1 cup Golden "C" sugar       | ½ cup seedless raisins                            |
| ½ cup Wesson or Primrose oil | ½ cup chopped nuts                                |
| 2 eggs                       | 1 teaspoon cinnamon                               |
| 2 cups rolled oats           | ½ teaspoon soda (dissolved in a little hot water) |
| 2 cups flour                 |                                                   |

Mix sugar, oil, beaten eggs, add flour alternately with dissolved soda, then add nuts, raisins and cinnamon. After mixing, let dough stand about an hour, then drop from teaspoon on a well buttered tin. Bake in moderate oven.

**ROLLED OATS COOKIES NO. 3**

- |                       |                       |
|-----------------------|-----------------------|
| 1 cup sugar           | 1 teaspoon salt       |
| ¾ cup crisco          | 1 teaspoon cinnamon   |
| 1 cup chopped raisins | 1 level teaspoon soda |
| 2 eggs                | 2 cups rolled oats    |
| 2 level cups flour    |                       |

Cream sugar and crisco. Add eggs after beating well, then raisins. Sift flour, salt, cinnamon and soda together, add slowly to mixture. Stir in rolled oats. This makes a very stiff mixture. Take out by teaspoonfuls and roll in palm of hand. Bake in moderate oven. Sufficient to make sixty-five.

**ROLLED OATS COOKIES NO. 4**

$\frac{3}{4}$ cup butter or crisco	1 scant cup chopped raisins
1 cup sugar	1 teaspoon cinnamon
2 well beaten eggs	1 teaspoon salt
2 cups flour	$\frac{3}{4}$ teaspoon soda
2 cups rolled oats	

Cream butter and sugar, add eggs; mix dry ingredients together and combine with first mixture; add raisins and drop on buttered pan. Bake in slow oven.

**ROLLED OATS COOKIES NO. 5**

2 cups rolled oats	1 cup sugar
1 cup flour	1 cup chopped walnuts
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon baking powder
1 egg	

Cream butter, add sugar, then well beaten eggs. Mix in flour, rolled oats and baking powder, lastly nuts. Drop on greased pan and bake about fifteen minutes.

**SOUR CREAM COOKIES**

$\frac{2}{3}$ cup shortening	1 scant teaspoon soda
1 cup sugar	Flour enough to mix
1 egg	Salt
1 cup thick sour cream	

Do not mix too stiff. Before baking rub lightly with the unbeaten white of an egg and sprinkle with sugar.

**WALNUT COOKIES**

1 cup chopped walnuts	$\frac{1}{2}$ teaspoon each of ginger,
1 cup molasses	cloves and salt
$\frac{1}{3}$ cup melted butter	1 teaspoon soda
1 egg well beaten	$3\frac{1}{2}$ cups flour
1 teaspoon cinnamon	

Mix sugar, molasses, butter, egg, cinnamon, ginger, cloves and salt, add soda dissolved in one teaspoon boiling water. Mix well, add flour and nuts. Pinch off small pieces the size of a walnut. Roll in sugar and bake in quick oven.

## SUGAR COOKIES

- |                               |                                   |
|-------------------------------|-----------------------------------|
| 1 small cup sugar             | 2 eggs well beaten                |
| 1 small cup crisco and butter | 2 level tablespoons baking powder |
| 2 large cups flour            | 2 tea                             |
| 2 tablespoons milk            | Extract or spice                  |

Mix sugar and shortening, add milk and eggs. Sift baking powder with flour and stir all together. Roll, cut and bake in moderately hot oven.

## RAISED DOUGHNUTS NO. 1

- |                                              |                             |
|----------------------------------------------|-----------------------------|
| 1 cake Fleischman's yeast                    | $\frac{1}{2}$ cup sugar     |
| $1\frac{1}{4}$ cups milk, scalded and cooled | 3 tablespoons butter        |
| 1 tablespoon sugar                           | $\frac{1}{2}$ teaspoon mace |
| $4\frac{1}{2}$ cups sifted flour             | 2 eggs                      |
|                                              | $\frac{1}{4}$ teaspoon salt |

Dissolve yeast and one tablespoon sugar in luke warm water, add half of the flour and beat well, cover and let rise in warm place for about an hour or until bubbles burst on top. Add to this the butter and sugar creamed, mace, eggs well beaten, the remainder of the flour to make soft dough, and lastly the salt. Knead lightly. Place in well greased bowl, cover and allow to rise again in warm place for about one and one-half hours. When light, turn on floured board, roll to about one-fourth inch in thickness, cut with small doughnut-cutter, cover and let rise again, on floured board, in warm place until light, about forty-five minutes will be required. Drop into deep hot fat with side uppermost which has been next to board. When a film of smoke begins to rise from fat it will be found to be the right temperature in which to cook doughnuts. Doughnuts made in this way do not absorb the fat because they rise before and not after they are put into the grease.

## DOUGHNUTS NO. 2

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 egg                            | $\frac{2}{3}$ cup sweet milk |
| 1 teaspoon nutmeg                | 2 tablespoons crisco         |
| 1 rounded teaspoon baking powder | $\frac{1}{4}$ teaspoon salt  |
| $\frac{2}{3}$ cup sugar          | Flour                        |

Mix crisco, sugar and egg, add milk, salt, nutmeg, flour and baking powder—enough flour for soft dough. This makes about twenty-one doughnuts.

**DOUGHNUTS NO. 3**

1 cup sugar	1 cup sour milk
3 teaspoons melted crisco	1 level teaspoon soda
2 eggs	1 teaspoon nutmeg
½ teaspoon salt	3½ cups sifted flour
1 teaspoon vinegar	

Put eggs in mixing bowl and beat well, add sugar, melted crisco, milk in which soda has been dissolved, then nutmeg, vinegar and flour. Roll on lightly floured board, cut with doughnut cutter and fry in deep hot crisco.

**DOUGHNUTS NO. 4**

1 cup sugar	1 teaspoon baking powder
1 egg	Salt
1 cup sweet milk	Nutmeg
1 tablespoon butter	Flour

Mix all together and roll.

**NUT DOUGHNUTS NO. 5**

1¼ cups sugar	1 teaspoon vanilla
4 tablespoons crisco	1½ teaspoons lemon
1½ cups milk	½ teaspoon salt
2 eggs	½ cup walnuts
4 rounded teaspoons baking powder	Flour

Cream crisco and sugar, add well beaten eggs, milk, salt, flavoring, nuts and flour enough to make a soft dough.

**CHEESE WAFERS**

¼ pound grated cheese	1 egg
4 tablespoons sifted flour	1 tablespoon butter
	Salt

Mix cheese and flour, add egg, butter and salt, then water enough to make a stiff dough; roll very thin, cut into any desired shape and bake in quick oven.



**CHEESE STRAWS**

4 tablespoons sifted flour       $\frac{1}{2}$  teaspoon salt

2 cups grated cheese      Yolks of 2 eggs

Knead as you would bread. Roll quarter of an inch thick.  
Cut in strips and bake fifteen minutes in hot oven.

**CHEESE BALLS**

2 cups grated cheese      1 egg

1 cup cracker crumbs      Salt and pepper

Mix all together, and if necessary add a little milk to mould  
into balls, fry in deep fat and drain on paper. Serve with pie  
or salads.

**CRUMBETTES**

$\frac{1}{2}$  cup butter      2 cups rolled oats

1 cup brown sugar      1 cup flour

$\frac{1}{4}$  cup boiling water       $\frac{1}{2}$  cup chopped walnuts

$\frac{1}{2}$  teaspoon soda       $\frac{1}{2}$  cup chopped raisins

Cream butter and sugar, add boiling water in which soda  
has been dissolved, then rolled oats, flour, nuts and raisins. Mix  
and let stand one hour before rolling out. Bake like cookies or  
drop cakes.

**CREAM PUFFS**

1 cup boiling water      1 cup flour sifted

$\frac{1}{2}$  cup butter      3 eggs unbeaten

To the boiling water add butter, let boil a minute, then add  
sifted flour, remove from fire, beat until cool and add unbeaten  
eggs, one at a time. Stir this mixture until smooth. Drop a ta-  
blespoon of batter into hot gem pans and bake one hour in a  
moderate oven. Fill with whipped cream or rich custard with  
chopped nuts or bananas.

**FRUITS AND NUT BARS**

1 cup sugar      1 cup dates chopped

$\frac{3}{4}$  cup flour      Pinch of baking powder

2 eggs      Pinch of salt

1 cup nuts chopped

Beat eggs and sugar well, add nuts, dates, flour. Bake in  
shallow pan, lined with well greased heavy paper. When cold  
cut in oblong pieces and roll in powdered sugar.

**HERMITS**

3 cups brown sugar	1 teaspoon cinnamon
1 cup butter	1 teaspoon nutmeg
6 cups flour	4 table'poons sweet milk
2 cups raisins	4 eggs
2 cups currants	1 cup chopped nuts
2 teaspoons soda	A little grated orange peel

Cream butter and sugar. Add milk, beaten eggs and soda sifted into half the flour. Add fruit and nuts which have been chopped and floured, then the spices and balance of flour. Roll and bake in moderate oven.

**KISSES**

1 cup granulated sugar	6 drops of vanilla
3 whites of eggs	

Beat whites of eggs on a platter till very light and dry, add sugar gradually, beating it in well, last the vanilla. Drop in spoonfuls on a tin baking sheet lightly buttered. Bake one hour in an extremely slow oven, watching carefully, as they should not be more than a deep cream color when done.

If the kisses are made according to directions and baked slowly, they will not spread while baking. Do not beat eggs in a bowl but on a platter, with a flat wire egg-beater. This is necessary to obtain results.

**KISSES NO. II**

2 egg whites	1 tablespoon cornstarch
$\frac{2}{3}$ cup sugar	$2\frac{1}{2}$ cups cocoanut

Put bowl into pan of hot water while mixing above ingredients. Drop on tin and bake.

**MACAROONS**

$\frac{1}{2}$ pound granulated sugar	$\frac{1}{2}$ teaspoon almond extract
$\frac{1}{2}$ pound English walnuts	Whites of 2 eggs

Add sugar gradually to the unbeaten whites of eggs. Beat the mixture until it bubbles. Add flavoring, stir in the nuts. Heat tins and oil with paraffin. Take mixture out by teaspoonfuls, and roll in palm of hand to size of small walnut. Bake in moderate oven. Sufficient for fifty macaroons.

**MARGUERITES**

$\frac{1}{2}$ cup powdered sugar	Lemon extract
Hot milk	Salt
Walnuts chopped	Crackers

To powdered sugar add enough milk to make right consistency to spread, add salt and extract. Spread this on crisp soda crackers, sprinkle with walnuts.

**PEANUT WAFERS**

1 cup powdered sugar	1 tablespoon flour
1 cup raw peanuts	Whites of 2 eggs
1 teaspoon vanilla	

Mix powdered sugar and well beaten whites, add peanuts chopped, flour and vanilla. Drop in spoonfuls on well buttered tin. Bake in moderate oven.

**WALNUT WAFERS**

1 cup brown sugar	2 tablespoons flour
2 eggs	1 cup walnuts

Mix sugar and eggs, add flour and walnuts. Roll thin and bake in quick oven.

**ROCKS**

1 cup crisco or butter	1 level teaspoon soda, dis-
$1\frac{1}{2}$ cups brown sugar	solved in $\frac{1}{3}$ cup hot water
3 cups flour	1 rounded teaspoon baking
3 eggs or 7 yolks	powder
2 cups seeded raisins	$\frac{1}{2}$ cup walnuts chopped
chopped	1 teaspoon cinnamon
$\frac{1}{4}$ teaspoon cloves	$\frac{1}{2}$ teaspoon nutmeg

Mix butter and sugar, add eggs, spices, two cups of the flour sifted with baking powder and soda. Put nuts and raisins into remaining cup of flour and add to mixture. Drop on buttered tin. Bake in moderate oven.

## CHAPTER XV.

# CAKES and GINGER BREAD

### ANGEL CAKE

10 eggs (whites)	1 teaspoon vanilla
1½ cups sifted sugar	1 teaspoon cream of tartar
1 cup sifted flour	

Sift sugar once, sift flour four times, add cream of tartar and sift again. Whip eggs to stiff froth on large flat platter, add sugar lightly, then flour very gently and vanilla. Do not stop beating until put into the pan to bake. Bake in a very slow oven, about forty-five minutes. Turn pan upside down until cool.

### APPLE SAUCE CAKE

1 cup sugar	1 teaspoon cinnamon
½ cup butter	½ teaspoon cloves
1 cup unsweetened apple sauce	1 teaspoon soda, dissolved in tablespoon boiling water
1¾ cups flour	

Cream butter and sugar, add apple sauce, spices and soda dissolved, then flour. Bake in moderate oven.

### ALMOND CAKE

½ pound almonds blanched and chopped	1½ cups flour
½ pound sugar	½ teaspoon lemon extract
½ teaspoon cream tartar	7 eggs
	Salt

Beat yolks until stiff and mix with almonds, sugar, flavoring and salt. Add cream of tartar to whites beaten very stiff and fold into the mixture. Bake in pan with hole in center about one hour. This is about the same as sponge cake.

**BISHOP CAKE**

- |                       |                           |
|-----------------------|---------------------------|
| 1 cup sugar           | 1 rounded teaspoon baking |
| 1¼ cups flour         | powder                    |
| 1 cup dates           | 3 eggs                    |
| 1 cup chopped walnuts | Salt                      |

Beat eggs very light, add sugar, then to this add nuts and dates rolled in flour to which baking powder has been added. Baked slowly.

**BLACK CAKE****Part I.**

- |                        |                  |
|------------------------|------------------|
| 1 cup grated chocolate | ½ cup sweet milk |
| 1 cup brown sugar      |                  |

Put all this in a dish on the stove, let it come to boiling point, stirring that it may not burn. Cool and mix with Part II.

**Part II.**

- |                   |                              |
|-------------------|------------------------------|
| 1 cup brown sugar | 3 egg yolks                  |
| 1 cup sweet milk  | 2 cups flour heaped a little |
| ½ cup butter      | 1 teaspoon soda              |

Cream butter and sugar, add milk, beaten eggs, flour in which soda has been sifted and bake in layers. Fill with Black Cake Filling.

**CHOCOLATE GLACÉ CAKE**

- |                                             |                           |
|---------------------------------------------|---------------------------|
| 1 cup sugar                                 | ½ cup flour               |
| ½ cup butter                                | 1½ cups flour             |
| 1 square Baker's unsweet-<br>ened chocolate | 2 teaspoons baking powder |
| 2 eggs                                      | 1 teaspoon vanilla        |
|                                             | Pinch of salt             |

Cream sugar and butter with melted chocolate, drop eggs unbeaten into this and beat for five minutes. Add milk, flour and baking powder, vanilla and salt.

**CHOCOLATE LOAF CAKE**

- |                                        |                           |
|----------------------------------------|---------------------------|
| ½ cake or two tablespoons<br>chocolate | 2 eggs                    |
| ½ cup hot water                        | ½ cup milk                |
| 2 cups sugar                           | 2 cups flour              |
| ½ cup butter                           | 4 teaspoons baking powder |

Cook chocolate in water, cool. Cream sugar and butter, add eggs, milk, flour and baking powder. When chocolate is cool beat into batter. Bake in moderate oven forty-five minutes.

**COCOA TEA CAKES**

1 cup sugar	3 level teaspoons baking
$\frac{1}{3}$ cup butter	powder
3 eggs	1 teaspoon vanilla
$\frac{1}{2}$ cup flour	Chopped nuts
$\frac{1}{2}$ cup cornstarch	Salt
$\frac{3}{4}$ cup cocoa	

Mix sugar, butter and eggs, sift dry ingredients, add to first mixture, add flavoring. Beat well and put into well buttered muffin tins, sprinkle nuts on top, bake in moderate oven.

**COCOA CAKE**

1 $\frac{1}{2}$ cups sugar	1 teaspoon soda
$\frac{1}{2}$ cup butter	1 teaspoon baking powder
1 cup sour milk	2 cups flour, measured before
$\frac{1}{2}$ cup cocoa or chocolate	sifting
dissolved in $\frac{1}{2}$ cup hot	
water	

Mix ingredients in order given and bake in layers. Use cocoa filling.

**COFFEE CAKE**

$\frac{1}{8}$ cup butter	1 egg
$\frac{1}{2}$ cup sugar	1 teaspoon salt
$\frac{1}{2}$ cup milk	1 heaping teaspoon baking
1 $\frac{1}{2}$ cups sifted flour	powder

Cream butter and sugar, add beaten egg, then milk, salt, flour and baking powder. Pour into flat tins making dough half inch thick. Dot top with pieces of butter. Sprinkle generously with cinnamon, chopped walnuts and sugar. Bake in moderate oven.

**CREAM SPONGE CAKE**

1 cup sugar	1 heaping teaspoon baking
4 egg yolks	powder
1 $\frac{1}{2}$ tablespoons cornstarch	Pinch of salt
3 tablespoons cold water	Flour

Stir sugar and yolks together until light, add water. Put cornstarch into cup, fill cup with flour, add baking powder and salt, stir into first mixture, mix well, add beaten whites of eggs. Bake in moderate oven.

**CUP CAKES NO. 1**

1 cup sugar	2 eggs
$\frac{1}{2}$ cup butter	1 large teaspoon baking powder
$\frac{1}{2}$ cup milk	Salt, vanilla
$1\frac{1}{2}$ cup flour	

Cream butter and sugar, add beaten eggs, milk, flour and baking powder. Flavor and bake in moderate oven.

**CUP CAKE NO. 2**

2 cups flour	1 rounded teaspoon baking powder
1 cup sugar	1 tablespoon melted butter
3 eggs	1 cup milk

Stir together and bake.

**DATE CAKE NO. 1**

$\frac{1}{2}$ cup soft butter	3 teaspoons baking powder
$1\frac{1}{3}$ cup brown sugar	$\frac{1}{2}$ teaspoon each of cinnamon, nutmeg, cloves, salt
2 eggs	$\frac{1}{2}$ pound dates cut into pieces
$\frac{1}{2}$ cup milk	
$1\frac{3}{4}$ cup flour	

Cream butter and sugar, add other ingredients, beat for three minutes and bake for forty minutes. This cake is delicious.

**DATE CAKE NO. 2**

1 cup sugar	1 tablespoon flour
5 eggs	1 cup dates
1 rounded teaspoon baking powder	1 cup walnuts

Beat yolks and sugar, add flour, baking powder, nuts and dates, then the beaten whites. Bake in two layers, use whipped cream for filling.

**DOLLY VARDEN CAKE**

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 cup sugar                      | $\frac{1}{2}$ teaspoon soda |
| $\frac{1}{2}$ cup butter (scant) | $\frac{1}{2}$ cup milk      |
| 2 cups flour (scant)             | whites of three eggs        |
| 1 teaspoon cream of tartar       | Vanilla                     |

Cream butter and sugar, add well beaten whites, beat the mixture five minutes. Add one cup of flour with cream of tartar, milk in which soda has been dissolved, then the remaining cup of flour. Flavor. While hot cover with Gilt Edge Frosting made of the beaten yolks and twenty-five teaspoons of powdered sugar. Mapleine frosting may be used.

**GERMAN APPLE CAKE**

- |                                             |                    |
|---------------------------------------------|--------------------|
| 2 cups flour                                | 1 tablespoon sugar |
| $1\frac{1}{2}$ good teaspoons baking powder | Cinnamon           |
| 2 eggs                                      | Salt               |
| 2 tablespoons crisco                        | Milk               |
| 2 tablespoons butter                        | Apples             |

Sift together flour, baking powder and salt, add crisco and butter, mix thoroughly, then add sugar, eggs and enough milk to make a dough as for pie crust. Roll, put into square baking pan, well greased and spread dough on the sides. Peel six apples and cut into sixteenths. Place in rows as close as possible on cake. Sprinkle with sugar and cinnamon. Bake until apples are done. Serve with whipped cream.

**GINGER BREAD**

- |                                      |                                                         |
|--------------------------------------|---------------------------------------------------------|
| 1 cup brown sugar (golden C)         | $\frac{1}{2}$ cup sour or butter milk                   |
| $\frac{1}{2}$ cup molasses           | 2 cups flour                                            |
| 3 tablespoons Wesson or Primrose oil | $1\frac{1}{2}$ teaspoons ginger                         |
| 2 eggs                               | $\frac{1}{2}$ teaspoon soda<br>(dissolved in hot water) |

Mix sugar, molasses, oil and beaten eggs. Add sour milk, dissolved soda, flour and ginger. Grease pan well, then dust with flour. Bake in moderate oven.



**GINGER BREAD (Soft)**

1½ cups molasses	1 teaspoon soda
1½ cups brown sugar	1 teaspoon allspice
1½ cups butter	½ teaspoon ginger
1½ cups sweet milk	3 cups flour

Mix sugar, butter and molasses. Add milk in which soda has been dissolved, flour, ginger and allspice. Grease pan well then dust with flour. Bake in moderate oven.

**HOT GINGERBREAD**

1½ cups sifted flour	½ teaspoon ginger
½ teaspoon soda	¼ cup butter or crisco
½ teaspoon baking powder	½ cup sugar
½ teaspoon cinnamon	½ cup molasses
½ teaspoon nutmeg	½ cup milk
½ teaspoon cloves	1 egg well beaten

Sift flour with soda, baking powder and spices. Cream butter, sugar and molasses, add egg, then add flour and milk, alternating. Bake twenty minutes in moderate oven.

**JAM CAKE**

1 cup butter	3 tablespoons sour milk
1 cup sugar	½ teaspoon cinnamon
2 cups flour	½ teaspoon cloves
1 cup jam	½ teaspoon nutmeg
3 eggs	1 teaspoon soda

Cream butter and sugar, add sour milk, jam and spices. Sift flour to which soda has been added. Stir in well beaten eggs. Bake in moderate oven in layers. Use Cream Filling No. 2.

**LAYER CAKE**

2 cups sugar	2 cups flour
3 eggs	3 level teaspoons baking powder
¾ cup cornstarch	½ teaspoon extract of lemon
1 cup milk	Juice ½ lemon
½ teaspoon almond extract	
¾ cup butter	

Cream butter and sugar. Add yolks of eggs beaten light, flour, cornstarch sifted with baking powder, alternating the flour with one cup of milk. Beat thoroughly, add extract, lemon juice and fold in the stiffly beaten whites. Bake in layers and put together with Cream Filling No. 1.

**MINUTE CAKE**

2 eggs	2 heaping teaspoons baking powder
1 heaping cup flour (without sifting)	1 teaspoon vanilla
1 scant cup sugar	Milk
3 tablespoons chocolate	Butter size of an egg

Measure dry ingredients and put into sifter; sift into mixing bowl. Take same cup and put a small quantity of milk into it, break eggs into cup without beating, melt butter and put into cup, then fill up cup with milk and stir into the flour mixture, add vanilla. Bake in two layers in moderate oven. Use Cream Filling No. 3.

A splendid cake that never fails and keeps moist several days.

**MOCHA CAKE**

$\frac{1}{4}$ cup sugar	1 heaping teaspoon baking powder
$\frac{1}{4}$ cup milk	2 squares melted chocolate
1 cup flour	$\frac{1}{4}$ teaspoon salt
1 egg	Vanilla
1 heaping tablespoon butter	

Cream butter and sugar, add yolks of eggs, salt, milk, vanilla, flour, chocolate and baking powder. Mix well and add white of eggs. Bake in two layers in hot oven. Use Mocha Filling.

**MOLASSES CAKES**

$\frac{1}{2}$ cup sugar	1 egg
$\frac{1}{2}$ cup shortening	1 cup sour milk
1 cup molasses	2 teaspoons soda (level)
1 teaspoon ginger	2 tablespoons boiling water
$\frac{1}{2}$ teaspoon cinnamon	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ teaspoon salt	

Put into a warm bowl the sugar, shortening, which should be measured scantily, molasses, ginger, salt, cinnamon. Set bowl on back part of range until ingredients have become warm; then remove to table, add egg unbeaten and beat thoroughly. Now add milk and soda dissolved in boiling water. Stir well, then beat in flour. Bake cakes in buttered muffin-pans in moderate oven about twenty minutes. This amount will make two dozen cakes.

**NUT CAKE NO. 1**

1 cup sugar	1½ cups flour
½ cup butter	1 heaping teaspoon baking powder
½ cup sweet milk	
¾ cup chopped nuts	¾ teaspoon vanilla
4 egg whites	

Cream butter and sugar, add milk, then flour with which baking powder has been sifted, add vanilla and whites of eggs well beaten. Bake in moderate oven.

**NUT CAKE NO. 2**

½ cup shortening	2 cups flour
1½ cups sugar	2 teaspoons baking powder
¾ cup milk	Whites of 4 eggs
1 cup chopped nuts	

Cream butter and sugar, add milk, then flour and baking powder sifted together, nuts, vanilla and whites of eggs well beaten. Bake in moderate oven.

**ORANGE LAYER CAKE**

1 cup butter	2 teaspoons baking powder
2 cups sugar	3 eggs
1 cup cold water	1 tablespoon orange juice
3 cups flour	A little grated orange rind

Cream butter and sugar, add water, flour in which baking powder has been sifted, then eggs well beaten, orange juice and rind. Bake in layers. Use Orange Filling.

**POTATO CAKE**

2 cups sugar	2 teaspoons baking powder
⅔ cup butter	2 squares grated chocolate
1 cup hot mashed potatoes	1 cup chopped walnuts
½ cup sweet milk or cold water	1 teaspoon powdered cinnamon
2 cups flour	1 teaspoon powdered cloves
4 eggs	½ teaspoon grated nutmeg

Cream butter and sugar, add yolks of eggs well beaten, flour mixed with baking powder, spices, milk, potatoes mixed with chocolate, walnuts and the whites of two eggs beaten stiff. The potatoes must be hot when mixed with the chocolate. Bake in loaf or layers and ice with White Icing. A delicious cake.

**PRIZE LOAF CAKE**

1 cup sugar	1½ teaspoons baking powder
½ cup butter or crisco (scant)	2 level tablespoons ground chocolate
2 eggs	½ cup seedless raisins
½ cup milk	¾ cup walnuts meats
1½ cups flour	

Cream sugar and shortening, add egg yolks, beat well, add milk, then flour which has been sifted two or three times with baking powder. Add half teaspoon salt if crisco is used. Beat whites thoroughly and add carefully. Separate dough into even parts. To one add the chocolate or cocoa, which has been moistened with a little milk, then the raisins, and spices, if desired.

To the white part add the walnuts, cut into half inch pieces. Put a spoonful of light and then dark into cake pan until all is used. Bake forty-five minutes in slow oven. Frost with Chocolate Filling.

**PRUNE CAKE NO. 1**

1 cup butter	1 cup prune juice
1 cup sugar	1 teaspoon soda (dissolved in warm water)
½ cup nut meats	Yolk of 2 eggs
1 cup prunes	
2½ cups flour	

Cream butter and sugar, add egg yolks, beat well, then add prunes cut fine, prune juice, soda, flour and nut meats. Bake fifty minutes.

**PRUNE CAKE NO. 2**

1 cup sugar	1 teaspoon soda, dissolved in warm water
2 tablespoons butter	
2 eggs	1 cup chopped walnuts
1¾ cups flour	1 cup prune juice
3 teaspoons chocolate	Spice, cinnamon, salt
1 cup chopped stewed prunes	

Cream sugar, butter and eggs, add chocolate, spice, salt, stir well; add prunes, prune juice, nuts, mix well; then flour, lastly soda. Bake in layers in moderate oven. Use Cream Filling No. 1.

**QUICK TEA CAKES**

- |                          |                                   |
|--------------------------|-----------------------------------|
| 1 cup sugar              | 2 cups flour                      |
| $\frac{1}{2}$ cup butter | 2 heaping teaspoons baking powder |
| $\frac{1}{2}$ cup milk   |                                   |
| 2 eggs                   |                                   |

Put all together and beat four minutes with a silver fork. Flavor with vanilla and bake in gem pans in quick oven. One cup raisins improves cakes.

**SNOW CAKE**

- |                           |                          |
|---------------------------|--------------------------|
| 1 cup sugar               | 1 teaspoon baking powder |
| $\frac{1}{2}$ cup butter  | Whites of 4 eggs         |
| $\frac{1}{2}$ cup milk    | Flavoring                |
| $1\frac{1}{2}$ cups flour |                          |

Cream butter, add sugar gradually, unbeaten whites, beat until foamy, add flavoring. Sift flour and baking powder twice, add to first mixture alternately with the milk. Bake in moderate oven.

**SWISS CAKE**

- |             |                                  |
|-------------|----------------------------------|
| 1 cup cream | Enough flour to knead like bread |
| 1 cup sugar |                                  |
| 6 eggs      |                                  |

Mix, roll thin and fry same as doughnuts.

**WHITE CAKE**

- |                     |                           |
|---------------------|---------------------------|
| 2 cups sugar        | 2 teaspoons baking powder |
| 1 cup butter        | Whites of 5 eggs          |
| 1 cup milk          | Flavoring                 |
| 3 cups sifted flour |                           |

Cream butter and sugar, add milk, flavoring, flour sifted with baking powder and lastly well beaten whites.

For a yellow cake use yolks of eggs beating well and mixing with the creamed sugar and butter, then add the other ingredients.

**WHITE LAYER CAKE**

- |                              |                                        |
|------------------------------|----------------------------------------|
| $\frac{1}{3}$ cup butter     | $\frac{1}{2}$ cup milk                 |
| 1 cup sugar                  | $2\frac{1}{2}$ teaspoons baking powder |
| $1\frac{1}{4}$ cups flour    | $\frac{1}{2}$ teaspoon lemon extract   |
| $\frac{1}{2}$ cup cornstarch | $\frac{1}{2}$ teaspoon almond extract  |
| 3 egg whites                 |                                        |

Cream butter and gradually beat in sugar. Sift flour, cornstarch and baking powder, add alternately to cream mixture with a half cup milk, fold in the stiffly beaten whites, add extract. Use any preferred filling. Bake in layers.

## CHAPTER XVI.

# FILLINGS and FROSTINGS

### BANANA FILLING

2 egg whites                       $\frac{1}{2}$  cup sugar  
3 bananas                         Salt

Beat whites, add sugar, salt. Slice bananas enough to cover layers. Spread mixture over bananas.

### BLACK CAKE FILLING

1 cup brown sugar                 $\frac{3}{4}$  cup sweet milk  
 $\frac{1}{2}$  cup butter

Boil until of a creamy thickness. Spread between layers of cake and on top.

### BOILED ICING

1 cup sugar                        1 egg  
 $\frac{1}{2}$  cup water

Boil sugar and water until it will spin, making a hair-like thread. Beat white of egg to stiff froth and continue beating it with an egg beater while the syrup is poured on slowly by some one else. It can be used immediately.

### BROWN SUGAR FROSTING NO. 1

$1\frac{1}{2}$  cups medium brown sugar                1 teaspoon butter  
 $1\frac{1}{3}$  cups milk                         $\frac{1}{2}$  teaspoon vanilla

Boil sugar, milk and butter until a soft ball forms when dropped into water. Cool until tepid. Add vanilla and beat until thick enough to spread on cake.

### BROWN SUGAR FROSTING NO. 2

1 cup brown sugar                1 teaspoon vanilla  
3 tablespoons water                White of one egg

Boil sugar and water until it forms a soft ball when dropped into cold water. Pour gradually over the stiffly beaten whites, beating constantly until the mixture is of the right consistency to spread. Add flavoring and spread evenly over cold cake.

**CHOCOLATE FILLING**

1 cup sugar                      5 tablespoons milk  
 3 tablespoons chocolate      Vanilla

Mix the above ingredients and cook slowly five minutes.

**COCOA FILLING**

$\frac{1}{2}$  cup sugar                      1 heaping tablespoon cocoa  
 $\frac{3}{4}$  cup boiling water          1 teaspoon vanilla  
 1 heaping tablespoon flour   Butter size of egg

Mix flour, cocoa and sugar, pour hot water slowly on this mixture and cook, stirring until smooth and thick, add vanilla and butter.

**CREAM FILLING NO. 1**

$\frac{2}{3}$  cup sugar                      Butter  
 $\frac{1}{3}$  cup milk                      Vanilla

Boil until threads form when spoon is lifted above saucepan. Add butter size of an almond and a few drops vanilla. Stir until thick enough to spread.

**CREAM FILLING NO. 2**

$\frac{3}{4}$  cup powdered sugar          2 teaspoons cold water  
 1 egg, white                      Extract

Beat egg stiff, add water and sugar. Beat thoroughly, add flavoring. Spread with a spatula.

**CREAM FILLING NO. 3**

2 cups sugar                      Butter size of an egg  
 $\frac{3}{4}$  cup milk                      Vanilla

Boil sugar, milk and butter slowly fifteen minutes or until it gathers together when tested in cold water. Remove from fire and pour into large bowl, add one tablespoon vanilla and beat until cold. Place between layers and cover sides and top.

**GILT EDGE FROSTING**

3 egg yolks                      25 teaspoons powdered sugar

Beat yolks until lemon color, add sugar gradually. Spread on while cake is hot.

**LEMON FILLING**

1 cup sugar	Juice and grated rind of one
$\frac{1}{2}$ tablespoon butter	lemon
	Yolks of two eggs

Put ingredients into double-boiler, stir and cook until the mixture thickens. Spread between the layers of cake. Ice the top with White Icing made from the whites of eggs not used in filling.

**MAPLEINE**

1 cup sugar	$\frac{1}{2}$ teaspoon mapleine
$\frac{1}{2}$ cup milk	1 teaspoon butter

Mix all together and cook until, when dropped from spoon into cold water, it will hold together. Remove from stove, stir until right consistency to spread.

**MARSHMALLOW CREAM FILLING**

1 tablespoon gelatine	$\frac{1}{2}$ cup grated pineapple
$\frac{1}{8}$ cup boiling water	1 scant cup sugar
$\frac{1}{2}$ pint whipping cream	Pinch salt
$\frac{1}{2}$ cup cold water	

Dissolve gelatine in cold water, add boiling water, sugar, salt and pineapple. Whip cream stiff and when gelatine begins to set, which will be about two hours, whip cream into it. Allow this to stand twenty minutes or until thick enough to spread. Stir frequently so fruit will not settle to bottom.

This filling may be made the day before and cut into slices ready to use.

**MOCHA FILLING NO. 1**

1 cup powdered sugar	2 tablespoons strong hot coffee
1 tablespoon butter, heaping	
$\frac{1}{2}$ teaspoon vanilla	2 tablespoons cocoa

Cream sugar and butter. Add vanilla, coffee and cocoa.

**MOCHA FILLING NO. 2**

2 cups powdered sugar	1 tablespoon ground chocolate or cocoa
$\frac{1}{2}$ cup melted butter	
$\frac{1}{2}$ cup chopped walnuts	1 tablespoon strong coffee
	Salt

Mix sugar, chocolate, add coffee, stir, then add butter, stir again, and when smooth add walnuts.



**NUT FILLING**

1 cup sugar

2 egg whites

 $\frac{1}{3}$  cup water

1 cup walnut meats chopped

Boil sugar and water together until stiff (not brittle) when tried in cold water. Beat whites to stiff froth, turn into boiling sugar and stir until the mixture creams. Add walnut meats to two-thirds of this cream and spread between the layers. Spread the remaining one-third over the top.

**ORANGE FILLING**

3 egg whites

2 sour oranges

2 cups sugar

1 tablespoon cornstarch

1 cup milk

Whip whites of eggs with sugar to stiff froth, add grated rinds and pulp of oranges and cornstarch dissolved in a little cold water. Stir mixture into boiling milk and cook in double-boiler until it thickens. Do not allow to boil. Place between layers while hot.

**UNCOOKED ICING NO. 1**

To white of one egg beaten a little, add six tablespoons powdered sugar, one at a time, and beat continually. Flavor.

**UNCOOKED FROSTING NO. 2** $\frac{1}{2}$  cup powdered sugar

Milk to soften

 $\frac{1}{4}$  teaspoon lemon extract

Pinch salt

Put together in order given, stir until smooth and spread. Fruit coloring may be added.

**WHITE ICING**

1 cup sugar

 $\frac{3}{4}$  tablespoon vinegar

7 tablespoons water

2 egg whites

Put sugar into small saucepan, add water and vinegar and cook until a thread forms; then pour over beaten whites, beat until cool enough to spread. Half a teaspoon of pistachio extract will give a delicious flavor to icing.

## CHAPTER XVII.

# BREADS and BREAKFAST FOODS

---

### EVER READY YEAST

- |                    |                     |
|--------------------|---------------------|
| 1 cake Magic yeast | 1 pint potato water |
| 1 cup warm water   | 2 tablespoons sugar |

Soak yeast cake in warm water, strain through fine cloth, add to water in which potatoes have been boiled without salt, also warm, put into quart glass jar, keep in warm place to rise about five or six hours. When ready to use, it will be covered with fine white foam. Use one cup of yeast for four or five loaves of bread.

Leave one cup of yeast in jar, add two tablespoons sugar. When bread is to be made again, add potato water unsalted as before, let rise and use again, leaving enough for another start. Add sugar each time. This yeast renewed in this way will keep a year or more.

### BOSTON BROWN BREAD NO. 1

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 2 cups cornmeal                   | 3 cups sour milk                   |
| 1 cup rye meal or Graham<br>flour | $\frac{1}{2}$ cup molasses<br>Salt |
| 1 tablespoon soda                 |                                    |

Mix ingredients, steam four hours and bake twenty minutes.

### BOSTON BROWN BREAD NO. 2

- |                      |                         |
|----------------------|-------------------------|
| 3 cups cornmeal      | 1 cup flour             |
| 2 cups sweet milk    | 1 cup sour milk         |
| 1 cup N. O. molasses | 1 rounded teaspoon soda |

Stir boiling sweet milk into cornmeal. When cool add molasses, flour, sour milk and soda. Steam three hours.

**BOSTON BROWN BREAD NO. 3**

- |                         |                 |
|-------------------------|-----------------|
| 1½ cups rye flour       | 1 cup molasses  |
| 1½ cups yellow cornmeal | 1 teaspoon soda |
| 2 cups sour milk        |                 |

Mix flour and cornmeal, add sour milk in which soda has been dissolved, then molasses. Fill baking powder cans not quite half full and steam three hours.

**BRAN BREAD**

- |                     |                           |
|---------------------|---------------------------|
| 2 cups Ralston Bran | 1 cup molasses            |
| 4 cups white flour  | 1 cup chopped raisins     |
| 1¼ cups sweet milk  | 3 teaspoons baking powder |
| 1¼ cups water       | 1 teaspoon salt           |

Mix bran and flour, add baking powder and salt, then liquid, molasses and raisins. Bake in slow oven one and one-half hours. This will make two loaves.

**BROWN BREAD**

- |                        |                              |
|------------------------|------------------------------|
| 1 cup bran (Ralston's) | 1 teaspoon butter            |
| 2 cups Graham flour    | 2 teaspoons baking powder    |
| 1 small cup rye flour  | ½ teaspoon soda              |
| 1½ cups white flour    | ½ teaspoon salt              |
| 2 eggs                 | Enough milk for stiff batter |
| 2 tablespoons molasses |                              |

Mix ingredients and bake one hour in medium oven.

**COFFEE BREAD**

- |                           |                       |
|---------------------------|-----------------------|
| 2 cups flour              | ½ teaspoon cinnamon   |
| ⅓ cup sugar               | ½ cup milk            |
| 3 teaspoons baking powder | 1 egg                 |
| ½ teaspoon salt           | ⅔ cup chopped walnuts |

Sift dry ingredients twice. Mix to a soft dough with milk and well beaten egg. Sprinkle with cinnamon, sugar and chopped walnuts. Bake in a biscuit pan in a moderate oven.

**CORN BREAD (Steamed)**

2 cups sour milk	1½ level teaspoons soda
½ cup molasses	2 cups cornmeal
1 cup sweet milk	1 cup flour
1 level teaspoon salt	

Mix ingredients and pour into four one-pound baking powder cans. The mixture is thin. Fill each can about two-thirds full and cover. Steam three hours. Remove from cans by slipping spatula or thin knife around side.

**CORNMEAL MUSH BREAD**

Make a stiff mush with about two or three cups of water and white cornmeal. Thin with milk to about the consistency of batter for gems, add a well beaten egg and salt to taste. Pour in pudding dish and bake one hour in a hot oven. Eat with butter while hot.

**CORNMEAL LOAF**

2 cups cornmeal	1½ cups boiling water
1 level teaspoon salt	1 cup sweet milk
2 level teaspoons baking powder	1 level tablespoon crisco

Sift cornmeal and salt. Pour boiling water over this, stirring all the while. Stir in one half the milk and melted crisco. Quickly dissolve baking powder in remaining half cup milk, and stir immediately into the mixture. Pour into tin and bake at once in moderate oven from thirty to forty minutes. The boiling water partly cooks the meal and develops the corn flavor. Even if the bread may not seem light, it is very wholesome.

**CORN PONE**

1 cup white flour	½ teaspoon soda
1 heaping cup cornmeal	¼ cup syrup
1 teaspoon sugar	1 pint sweet milk
½ teaspoon salt	

Mix in the order given and pour into a well greased pail. Cover with a tight lid, place in a kettle of boiling water and boil one hour and forty minutes. Nice with baked beans.

**GRAHAM BREAD NO. 1**

- |                     |                               |
|---------------------|-------------------------------|
| 2 cups Graham flour | 2 tablespoons syrup           |
| 1 cup wheat flour   | 1 teaspoon soda               |
| 1 teaspoon salt     | Sour milk to make stiff dough |

Mix in order given and bake slowly half an hour in moderate oven.

**GRAHAM BREAD NO. 2**

- |                     |                               |
|---------------------|-------------------------------|
| 3 cups Graham flour | 1 teaspoon salt               |
| 1 cup white flour   | $\frac{1}{2}$ cup molasses    |
| 1 teaspoon soda     | $2\frac{1}{2}$ cups sour milk |

Sift white flour, soda and salt.. Mix molasses and sour milk and add. Lastly stir in Graham flour. Bake in moderate oven.

**GRAHAM BREAD NO. 3**

- |                     |                           |
|---------------------|---------------------------|
| 3 cups Graham flour | $\frac{1}{2}$ cup raisins |
| 2 cups sour milk    | $\frac{1}{2}$ cup sugar   |
| 1 teaspoon soda     | Salt                      |
| 1 egg               |                           |

Mix flour, sugar and salt, add milk in which soda has been dissolved, beaten egg and raisins. Bake one hour in moderate oven.

**GRAHAM BREAD NO. 4**

- |                                   |                           |
|-----------------------------------|---------------------------|
| 2 cups Graham flour               | 2 cups sweet milk         |
| 2 cups white flour                | 1 egg                     |
| 1 cup sugar                       | 1 cup chopped walnuts and |
| 1 teaspoon salt                   | raisins                   |
| 4 rounded teaspoons baking powder |                           |

Mix in order given. Let stand ten minutes and bake in moderate oven one hour.

**GRAHAM BREAD, RAISED**

1 quart Graham flour	1½ teaspoons salt
1 quart white flour	¼ cup brown sugar
1 yeast cake	1 quart milk

Scald milk and pour over sugar and salt. When lukewarm, stir in the flour and yeast which has been dissolved in warm water. Beat hard and let rise in pan until spongy. This is a dough which is not stiff enough to knead, it simply requires a thorough stirring and beating. Put into greased pans, let rise and bake in an oven which is hot at first and cool during the latter part of the baking process. This dough may be used to drop into greased pans for muffins.

**JOHNNY CAKE**

1 cup sour milk	1 teaspoon soda
1 cup corn meal	½ teaspoon baking powder
1 cup flour	Butter size of an egg
½ cup sugar	Salt
1 egg	

Sift flour, meal, sugar, soda, baking powder and salt together, add beaten egg, milk and then melted butter. Bake in gem pans in moderate oven fifteen minutes.

**NUT BREAD NO. 1**

1 egg	4 teaspoons baking powder
1 cup sugar	1 cup floured nuts
1 cup milk	Salt
4 scant cups flour	

Mix above ingredients, raise fifteen minutes and bake forty-five minutes in moderate oven.

**NUT BREAD NO. 2**

4 cups flour sifted twice	1½ cups chopped walnuts
¼ cup sugar	1½ cups milk
4 level teaspoons baking powder	1 egg beaten light
	1 teaspoon salt

Mix flour, sugar, baking powder, salt and sift. Add to this the milk, egg and chopped walnuts. Put into two pans and let stand twenty minutes. Bake in slow oven. Raisins may be used if desired.

**NUT BREAD NO. 3**

3 cups of Graham flour	$\frac{1}{2}$ teaspoon salt
1 cup wheat flour	$\frac{1}{2}$ cup molasses
2 cups sour milk	1 cup nuts chopped
1 teaspoon soda dissolved in the milk	1 cup raisins

Mix in order given and bake one hour.

**NUT BROWN BREAD**

2 cups Graham flour	2 level teaspoons soda
$1\frac{1}{2}$ cups white flour	2 cups sour milk
$\frac{1}{2}$ cup cornmeal	$\frac{1}{2}$ cup molasses
$\frac{1}{2}$ cup brown sugar	1 cup broken nuts
1 level teaspoon baking powder	

Dissolve soda in sour milk, add molasses and mix with dry ingredients, stir in nuts and bake forty-five minutes in moderate oven.

**OATMEAL BREAD NO. 1**

2 cups rolled oats	$\frac{1}{2}$ cup chopped nuts
2 cups boiling water	1 cake compressed yeast
2 tablespoons brown sugar	1 rounded teaspoon salt
1 tablespoon crisco	Flour

Pour boiling water over rolled oats, cover and let stand till slightly warm. Add sugar and the yeast which has been dissolved in one-half cup lukewarm water. Stir in about one and a half cups flour; let batter stand till light. Then add nuts, salt, melted crisco and flour to make dough. Knead well, put into greased bowl, let rise till double in size. Make into two loaves, let rise and bake. This may be started in the morning and be served for lunch.

**OATMEAL BREAD NO. 2**

- |                              |                                     |
|------------------------------|-------------------------------------|
| 2 level cups rolled oats     | 1 tablespoon molasses               |
| 2 cups hot water not boiling | $\frac{1}{2}$ cake compressed yeast |
| 1 tablespoon butter          | Flour                               |
| 1 tablespoon crisco          | Salt                                |

Pour hot water over rolled oats, stir until all is wet, add butter, crisco, molasses, salt and yeast dissolved in cup of warm water. Add white flour until as stiff as can be stirred with spoon. Let stand overnight and put into pan in morning, let rise very light; no kneading.

**ROMAN MEAL BREAD**

- |                           |                                        |
|---------------------------|----------------------------------------|
| 3 cups Roman meal         | 2 cups sour milk                       |
| $1\frac{1}{2}$ cups flour | $\frac{1}{2}$ cup New Orleans molasses |
| 1 teaspoon salt (level)   | $1\frac{1}{2}$ teaspoons soda          |
| 1 egg                     | Crisco or butter size of an egg        |

Mix Roman meal, flour and salt, combine sour milk, egg, molasses and soda previously dissolved in a little hot water; add to dry ingredients, then stir in melted shortening and bake about forty minutes in a moderate oven.

**RYE BREAD**

For five loaves of bread add one sifter of rye flour. Follow any good white bread recipe. This proportion of rye flour makes excellent rye bread.

**UNLEAVENED BREAD**

- |                      |                             |
|----------------------|-----------------------------|
| 2 cups white flour   | $\frac{2}{3}$ cup olive oil |
| 1 quart Graham flour | 1 tablespoon salt           |
| 2 tablespoons sugar  | 2 cups cold water           |

Sift dry ingredients, stir oil into water and knead, roll out thin, cut in oblong pieces, prick with fork and bake in moderate oven until crisp.

**VIRGINIA SPOON BREAD**

- |                       |                          |
|-----------------------|--------------------------|
| 1 cup yellow cornmeal | 1 teaspoon baking powder |
| 1 pint sweet milk     | Salt to taste            |
| 2 eggs                | 1 tablespoon butter      |

Let milk scald, not boil, add butter, stir meal in rapidly to keep from lumping. Beat eggs and baking powder together and add last. Bake quickly.



**WHITE BREAD**

3 cups milk	1 tablespoon salt
3 cups water	1 cake compressed yeast
2 tablespoons crisco	Flour
2 tablespoons sugar	

Heat milk, put in crisco and when melted add cold water, sugar and salt. Into this tepid mixture stir sifted flour, until like cake batter. Then add yeast which has been dissolved in one-fourth cup of cold water. Stir in more flour until dough is very stiff. Cover and let stand overnight. In the morning knead in more flour and make into loaves. Grease loaves and let stand until about double in size, then bake. If desired, potato or rice water may be used in the mixing; also one-half the flour may be whole wheat. For rolls knead a tablespoon of crisco into a piece of the dough, form and let rise.

**BAKING POWDER BISCUIT**

2 cups flour	1 tablespoon crisco
4 teaspoons baking powder	$\frac{3}{4}$ cup milk and water in
1 teaspoon salt	equal parts
1 tablespoon butter	

Mix dry ingredients and sift twice. Work in butter and crisco with tips of fingers, add gradually the liquid mixing with knife to a soft dough. Toss on board, pat and roll lightly to one-half inch in thickness. Cut and bake in hot oven fifteen minutes.

**CORNMEAL ROLLS**

$\frac{3}{4}$ cup cornmeal	$\frac{1}{2}$ teaspoon salt
$1\frac{1}{4}$ cups flour	1 tablespoon crisco
4 teaspoons baking powder	1 egg
(level)	$\frac{1}{2}$ cup milk
1 tablespoon sugar	

Sift dry ingredients, mix with crisco, using tips of fingers, add beaten egg and milk. Roll to one-half inch thickness, cut with large biscuit cutter, brush over with melted butter or crisco, fold over as for Parkerhouse rolls, brush tops with beaten egg or milk and bake in hot oven ten minutes.

**COTTON BALL BISCUITS**

4 cups flour	4 rounded teaspoons baking
2 cups milk	powder
3 tablespoons Wesson or	1 teaspoon sugar
Primrose oil	1 teaspoon salt

Sift flour, baking powder, sugar and salt. Mix milk and oil, add to sifted ingredients. Turn out onto well floured bread board and knead gently until the dough feels smooth under hands. Pat to half an inch with rolling pin. Cut out and let stand fifteen or twenty minutes before baking. Will make three dozen small-sized biscuits.

**DELICIOUS TEA ROLLS**

2 tablespoons butter	3 cups flour
2 tablespoons sugar	3 rounded teaspoons baking
2 eggs	powder
1 cup sweet milk	Salt

Beat together butter, sugar and eggs, add salt, milk flour and baking powder. Grease a dripping pan with butter and drop one tablespoonful in each place or drop in gem pans. Bake in moderate oven.

**ENGLISH TEA BISCUITS**

4 cups flour	1 cup seedless raisins
3 rounded teaspoons baking	$\frac{1}{2}$ teaspoon salt
powder	Milk
1 heaping tablespoon crisco	1 egg well beaten

Sift flour, baking powder, salt and sugar together and work in the crisco. Then add raisins, egg and milk enough to make like biscuit dough. Turn on slightly floured board, roll out until about an inch thick and cut with biscuit cutter. Bake in quick oven about fifteen minutes and rub over with butter when done. Two dozen biscuits.

**GRAHAM BISCUITS**

2 cups Graham flour	Butter or crisco size of an
1 cup white flour	egg
3 teaspoons baking powder	Salt
	Milk

Sift dry ingredients, rub in shortening, add milk enough to make soft dough, roll, cut and bake.

**MAPLE BISCUITS**

- |                                               |                          |
|-----------------------------------------------|--------------------------|
| 1 quart flour                                 | $\frac{1}{3}$ cup butter |
| 1 teaspoon salt                               | Milk                     |
| $\frac{1}{4}$ heaping teaspoons baking powder | Grated maple sugar       |

Sift flour, salt and baking powder. Work butter in with finger tips and add just enough milk to make a dough. Roll out in a rectangular shape and spread with the maple sugar. Roll the dough as for a jelly roll and cut in slices. Place these close together in well-buttered pans and bake in hot oven.

**OLIVE OIL BISCUIT**

- |                           |                         |
|---------------------------|-------------------------|
| 3 cups sifted flour       | 6 tablespoons olive oil |
| 1 teaspoon salt           | Milk                    |
| 3 teaspoons baking powder |                         |

Sift dry ingredients. Put oil into measuring cup, fill cup with milk, turn this into flour, then add another cup of milk. Bake in moderate oven.

**ROLLS**

- |              |                             |
|--------------|-----------------------------|
| 3 cups flour | 1 teaspoon sugar            |
| 1 cup water  | 1 teaspoon crisco           |
| 1 yeast cake | $\frac{1}{2}$ teaspoon salt |

Warm water and pour over sugar, salt and crisco and let cool. Soften yeast cake in two tablespoons lukewarm water and add to above mixture. Mix flour in gradually with a spoon. Turn on board slightly floured and knead smooth. Put into bowl and let rise until double, then knead, cut into portions and shape. Let rise and when double in size bake in moderate oven about fifteen minutes. Twelve or fourteen rolls.

**SCONES**

- |                               |               |
|-------------------------------|---------------|
| 1 quart flour                 | Salt          |
| $\frac{1}{2}$ teaspoon soda   | Melted butter |
| $1\frac{1}{2}$ cups sour milk |               |

Sift flour with salt and soda, mix with sour milk. Roll on floured board to one-half inch in thickness. Cut in large rounds and quarter these. Bake on hot buttered griddle, turning frequently to brown both sides evenly. Rub top with melted butter just before serving.

**SQUASH BISCUITS**

$\frac{1}{2}$ cup scalded milk	$\frac{1}{4}$ cake yeast (dissolved in warm water)
$\frac{1}{4}$ cup butter	
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup squash (strained)
1 teaspoon salt	$2\frac{1}{2}$ cups flour

Mix in order given while milk is warm but not hot, when light mold and cut into biscuits. Let rise again and bake in moderate oven twenty minutes.

**TEA ROLLS**

1 cup milk	1 magic yeast cake (dissolved in $\frac{1}{4}$ cup lukewarm water)
$\frac{1}{4}$ cup sugar	
1 teaspoon salt	$3\frac{1}{2}$ cups flour
$\frac{1}{4}$ cup melted butter	
2 eggs	Pinch nutmeg

Scald milk, when lukewarm add two cups flour. Beat well and add dissolved yeast. Let rise and then add butter, sugar, salt, nutmeg and well beaten eggs. Lastly stir in enough flour to make a stiff dough.

**THREE IN ONE BISCUIT**

1 pint milk	1 heaping teaspoon salt
2 tablespoons sugar	1 cake compressed yeast (dissolved in warm water)
1 tablespoon butter	
1 egg beaten	Flour

Heat milk, add butter, sugar and salt. When milk is lukewarm add egg, yeast and flour enough to make good biscuit dough. Form into balls as large as a walnut. Press three of these together. Let rise two or three hours and bake.

**AERATED WHOLE WHEAT MUFFINS**

2 eggs	$2\frac{1}{4}$ cups whole wheat flour
2 cups milk	$\frac{1}{2}$ cup Graham flour
$\frac{1}{2}$ cup cold water	

Separate yolks and whites of eggs, place yolks in bowl in which muffins are to be mixed, beat, add liquid and beat again, then add flour. Beat for five minutes with Dover egg-beater. Leave in refrigerator or in cool place all night. In morning beat whites of eggs stiff, also beat mixture again. Fold together and bake in gem pans. The success of these muffins depends upon the gem pans being iron, well greased and sizzling hot when batter is poured into them. This makes about two dozen muffins.

**BARLEY MUFFINS**

1½ cups white flour	1 tablespoon sugar or molasses
1½ cups barley flour	es
3 rounded teaspoons baking powder	3 tablespoons melted butter
2 eggs beaten	1½ cups milk
	Salt

Mix dry ingredients, add butter, eggs and milk. Whole wheat, rye or Graham flour may be used instead of barley flour. Bake in moderate oven.

**BRAN SQUARES**

2 cups white flour	1 level tablespoon sugar
2 cups bran	3 level tablespoons shortening
5 level teaspoons baking powder	3 eggs
	1 cup milk

Mix dry ingredients, add shortening, beat eggs light, stir in milk and add to flour, etc.; roll out, rub top with white of egg, cut in squares and bake twenty minutes in moderate oven.

**BRAN GEMS**

2 cups bran	1 tablespoon crisco
1 cup white flour	1 egg
½ cup molasses	½ teaspoon soda
1¼ cups milk	½ teaspoon salt
½ teaspoon baking powder	

Sift flour, soda, baking powder and salt, add bran, then milk, molasses, egg and melted crisco. Raisins may be added if desired.

**CORNMEAL MUFFINS**

1 cup cornmeal	2 eggs
2 cups flour	2 tablespoons butter
4 level teaspoons baking powder	2 tablespoons sugar
	1 teaspoon salt

Sift dry ingredients. Add beaten eggs, milk and melted butter. Bake in muffin irons in a quick oven.

**DATE MUFFINS**

3 tablespoons butter	1½ cups milk
⅓ cup sugar	3 cups flour
3 eggs	1½ cups dates

Cream butter and sugar, add well beaten eggs, milk, flour, baking powder and finely chopped dates. Bake in muffin irons in a quick oven.

**DROP PRUNE MUFFINS**

1 cup sour milk	¾ cup bran
1 cup Graham flour	2 tablespoons sugar
1 cup cooked prunes (with- out juice)	1 teaspoon salt
⅓ cup melted butter	1 teaspoon soda
	1 egg

Mix bran, Graham flour, sugar and salt together. Pour sour milk into a bowl, add soda and the soft prunes pitted, beat well. Add the dry ingredients, beat, then add butter and unbeaten egg. Stir for a moment and drop in spoonfuls on a buttered tin; they should not touch. Bake about twenty minutes in a steady oven until a rich brown.

These dropped bran muffins may be made without the prunes if more convenient. They are improved by putting a little jelly on the top of each before baking. If a tin sheet is made to fit one's oven, all the dropped muffins can be baked at once.

**EGG MUFFINS**

1½ cups flour	1 egg beaten
2 tablespoons sugar	1 cup milk
3 teaspoons baking powder	1 tablespoon melted butter
½ teaspoon salt	

Measure, mix and sift dry ingredients. Add egg, milk and shortening, then beat with a spoon. Fill eight muffin pans half full and bake twenty minutes. All level measures.

**GRAHAM MUFFINS**

1½ cups Graham flour	1½ teaspoons baking powder
1 large cup milk	Salt
1 egg	1 tablespoon melted butter

Mix dry ingredients, add milk, beaten egg and melted butter, bake.

**HOOVER MUFFINS**

1 cup bran	1 egg
1 cup whole wheat flour	$\frac{1}{3}$ cup New Orleans molasses
1 cup Graham flour	1 level teaspoon soda
1 teaspoon salt	Buttermilk

Mix dry ingredients, add beaten egg and enough buttermilk to make stiff batter that will drop from a spoon. Grease muffin pans well.

**NUT MUFFINS**

1½ cups white flour	2 tablespoons butter
1 tablespoon sugar	1 tablespoon crisco
3 tablespoons baking powder	$\frac{3}{4}$ cup milk
$\frac{3}{4}$ teaspoon salt	$\frac{1}{4}$ cup chopped walnuts

Mix ingredients in the order in which they are given. Bake in small gem pans in quick oven. Serve at five-o'clock teas with orange marmalade. One half whole wheat flour may be used.

**PLAIN MUFFINS**

2 rounded cups flour	1 egg
4 rounded teaspoons baking powder	3 rounded tablespoons sugar
	Milk
1 large tablespoon butter	Salt

Sift flour, baking powder and salt. Cream sugar and butter and stir into the flour. Beat the egg in measuring cup and fill cup with milk and add. If necessary add more milk but the batter should be very stiff. Makes twelve muffins. <sup>12</sup>/<sub>6</sub>

**POPOVERS**

1 cup milk	1 egg
1 cup flour	Salt

Sift flour three times before measuring. Mix flour, milk and salt until smooth, add beaten egg. Put in well greased muffin tins and bake twenty-five or thirty minutes.

**RICE FLOUR GEMS NO. 1**

1 cup cold water	2 egg whites well beaten
1 cup rice flour	2 scant teaspoons baking powder
$\frac{1}{2}$ cup white flour	

Mix baking powder, flour and salt. Stir this into the cold water and mix well, then add whites of eggs. Stir lightly. Have gem pans hot, bake till nicely browned and serve.

**RICE FLOUR GEMS NO. 2**

- |                            |                                 |
|----------------------------|---------------------------------|
| 1 cup rice flour           | 1 egg                           |
| $\frac{1}{2}$ cup cornmeal | 2 scant teaspoons baking powder |
| 1 cup sweet milk or water  |                                 |

Sift dry ingredients into milk, stir thoroughly, then add well beaten egg and bake.

**RICE MUFFINS**

- |                  |                                  |
|------------------|----------------------------------|
| 1 cup cold rice  | 1 tablespoon butter (melted)     |
| 1 cup sweet milk | 1 heaping teaspoon baking powder |
| 2 eggs           |                                  |
| 1 teaspoon salt  | Flour to make stiff batter       |
| 1 teaspoon sugar |                                  |

Beat together rice, eggs, milk, add sugar, salt and flour in which baking powder has been sifted, lastly butter. Bake in well greased muffin tins in moderate oven for thirty minutes.

**RYE CORNMEAL MUFFINS**

- |                               |                                 |
|-------------------------------|---------------------------------|
| $1\frac{1}{2}$ cups rye flour | 4 level teaspoons baking powder |
| $\frac{1}{2}$ cup cornmeal    |                                 |
| $\frac{1}{2}$ teaspoon salt   | $\frac{3}{4}$ cup milk          |
| 1 tablespoon sugar            | 1 tablespoon shortening         |

Sift dry ingredients, add milk and melted shortening, beat, bake in well greased muffin pans about one half hour.

**RYE MUFFINS**

- |                                 |                             |
|---------------------------------|-----------------------------|
| 1 coffee cup rye flour          | $\frac{1}{2}$ cup warm milk |
| 2 level teaspoons baking powder | 1 tablespoon butter         |
|                                 | $\frac{1}{2}$ teaspoon salt |
| 1 egg                           | 1 teaspoon sugar            |

Sift flour, baking powder, salt and sugar, to this add melted butter and warm milk, then stir in without beating the egg. If dough seems too stiff, add a little more milk. Fill gem pans half full and bake until puffy in hot oven. Have your gem tins heating while mixing muffins.

**STONY BROOK POPOVERS**

- |                                  |        |
|----------------------------------|--------|
| $1\frac{1}{2}$ cups milk         | 3 eggs |
| $1\frac{1}{2}$ cups sifted flour | Salt   |

Mix flour, milk and salt until smooth. Add the beaten eggs. Pour into well greased muffin tins. Bake twenty-five or thirty minutes in a good steady oven.



**SQUASH MUFFINS**

- |                           |                          |
|---------------------------|--------------------------|
| 2½ cups flour             | 2 tablespoons shortening |
| 2 teaspoons baking powder | 1 egg                    |
| 2 tablespoons sugar       | 1 cup squash (strained)  |
| 1 teaspoon salt           |                          |

Sift dry ingredients, mix in melted shortening, then combine beaten egg and squash and add to first mixture. Bake in moderate oven about twenty minutes. Will make two dozen small muffins.

**BREAD CRUMB PANCAKES**

- |                          |                                 |
|--------------------------|---------------------------------|
| 1½ cups dry bread crumbs | 5 level teaspoons baking powder |
| 3 eggs                   |                                 |
| 1½ cups sifted flour     | 1 tablespoon sugar              |
|                          | ½ teaspoon salt                 |

Soak bread crumbs overnight in milk, in the morning add yolks of eggs, flour and baking powder with milk to make moderately thin batter. Add the well beaten whites of eggs, and fry on hot griddle.

**BREAD CORNMEAL PANCAKES**

- |                                 |                    |
|---------------------------------|--------------------|
| 1 cup dry bread crumbs          | 3 eggs             |
| 1 cup cornmeal                  | 1 tablespoon salt  |
| 1 cup whole wheat flour         | 1 tablespoon sugar |
| 4 level teaspoons baking powder | 4 cups milk        |

Soak bread crumbs and cornmeal overnight in milk. In morning add rest of dry ingredients, sifted, and eggs beaten. Batter should be moderately thin.

**BREAD BUCKWHEAT CAKES**

- |                           |                         |
|---------------------------|-------------------------|
| 1½ cups dry bread crumbs  | ½ cake compressed yeast |
| 1½ cups eastern buckwheat | 1 tablespoon salt       |
| ½ cup white flour         | 1 tablespoon sugar      |
| 3 cups warm milk          | 1 tablespoon molasses   |
| 1 cup warm water          | 1 level teaspoon soda   |

Soak crumbs in milk half an hour, add dry ingredients, warm water and yeast dissolved in a little warm water. Let rise all night. In the morning add molasses and soda which has been dissolved in warm water. Batter should not be as stiff as for plain buckwheat cakes. Fry slowly.

**CORNMEAL PANCAKES**

2½ cups yellow cornmeal	1 cup white flour
1 tablespoon sugar	6 teaspoons baking powder
1 tablespoon salt	Milk
3 eggs	

Soak cornmeal overnight in enough milk to make medium thick batter. In the morning sift flour with salt, sugar and baking powder, add to cornmeal, then add beaten yolks, milk and beaten whites. The batter should be thin enough to spread well on griddle.

**FLANNEL CAKES**

2 cups white flour	1 egg
1½ teaspoons soda (level)	2½ cups sour milk
1 teaspoon salt (level)	

Sift dry ingredients. Beat egg, mix with part of milk, turn into flour and mix well, adding the rest of milk. Batter should be thin. Fry on very hot griddle.

**FRENCH PANCAKES**

2 cups flour	1 quart milk
7 eggs	½ teaspoon salt

Add to the flour one cup milk, beat with wire egg-beater until smooth, add eggs unbeaten, two or three at a time, then remainder of milk. Pour from a pitcher and allow dough to spread on griddle until size of a breakfast plate. Turn, spread with butter, sprinkle with sugar and fold, so cake will be in three folds, while still on the griddle. Place on platter with thin knife. Sprinkle again with sugar. Unlike other cakes, these may all be fried before the meal begins. A little lemon juice may be added at the table. This makes two dozen large pancakes. The batter is very thin.

**RAISED BUCKWHEAT CAKES**

2 cups eastern buckwheat	$\frac{1}{2}$ cake compressed yeast
2 tablespoons bran	(dissolved in $\frac{1}{2}$ cup luke-
1 tablespoon sugar	warm water
1 tablespoon salt	1 tablespoon N. O. molasses
2 cups warm milk	1 teaspoon soda (level)
2 cups warm water	

At night mix all dry ingredients except soda, add two-thirds of liquid with dissolved yeast. Allow room in bowl to rise. Put in warm place. In morning add remainder of liquid and soda mixed with molasses and one-fourth cup warm water. Batter should be a little thinner than for ordinary pancakes. Fry slowly. Remaining batter may be used as leaven for more dough. This makes about two dozen cakes.

## CHAPTER XVIII.

# CEREALS

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### CEREALS

The directions given in packages of cereals do not allow enough time for cooking and do not give large enough proportion of water.

Cereals should be bought in small quantities and kept in covered glass jars.

### CORNMEAL MUSH

1 quart water

1 teaspoon salt

1 cup cornmeal

Moisten cornmeal with cold water, then stir into salted boiling water. Wetting the cornmeal with cold water prevents it from lumping. Let boil a half hour or more, then place in fireless cooker overnight or boil an hour or more.

### CREAM OF WHEAT AND OTHER FINE CEREALS.

5 cups water

3 level teaspoons salt

1 cup cream of wheat

Let salted water boil briskly, stir in cereal, being careful that it does not lump. If this occurs beat with Dover egg-beater. Cook thirty minutes. Rolled Oats, Wheat Flakes and Cream of Barley mush are prepared in the same way, or may be cooked in fireless cooker with or without the heated disk.

### FIRELESS COOKER CRACKED WHEAT MUSH

1 cup cracked wheat

3 level teaspoons salt

5 cups cold water

Prepare at night. Put ingredients into small cooker kettle, let come slowly to boiling point and boil fifteen minutes. At the same time have iron cooker disk heating over flame. Have ready the large cooker kettle partly filled with boiling water. After covering small kettle, put it into large one and allow to boil two or three minutes, then place on hot disk in cooker and cover immediately. In the morning reheat mush and serve.

**LARGE HOMINY**

Wash one pint of dry hominy, cover with water, soak overnight and in the morning put over slow fire. As fast as water is absorbed add fresh boiling water. Cook about five hours. When done hominy should have absorbed all the water, season with salt, pepper and butter.

**STEEL-CUT OATS MUSH**

1 cup steel-cut oats

3 level teaspoons salt

5 cups cold water

Cook in fireless cooker as directed for cracked wheat mush, or from three to six hours on top of stove, stirring and adding hot water as required.

## CHAPTER XIX.

# SANDWICHES

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### CHEESE AND NUT SANDWICHES

$\frac{1}{2}$ cup walnut meats	2 tablespoons lemon juice
$\frac{1}{2}$ cup cheese	Celery salt
2 hard-boiled eggs	Salt
4 tablespoons mayonnaise	Paprika

Put nuts, cheese and eggs through nut grinder, add seasoning, mayonnaise and lemon juice, spread on buttered slices of Graham bread.

### CHEESE AND PINEAPPLE SANDWICHES

Mix cheese and shredded pineapple thoroughly and spread between thin slices of buttered bread.

### EGG AND OLIVE SANDWICHES

2 eggs hard boiled	4 tablespoons mayonnaise
1 dozen ripe olives	Butter
2 tablespoons lemon juice	Salt
1 loaf bread	

Put eggs through fine sieve. Stone and chop olives, season with salt, lemon juice, mix all with mayonnaise and spread between thin slices of bread, buttered.

### FRIED CHEESE SANDWICHES

Cut cheese very thin, spread between thin slices of stale bread, moisten with milk and fry a nice brown. Serve hot. Makes a good supper dish.

### NASTURTIUM SANDWICHES

Mash the flowers and mix with mayonnaise. The seeds and stems may also be used. Spread on thin slices of bread.

**PROTOSE SANDWICHES**

½ can Savory Protose (1 pound size)	Dash of paprika
3 tablespoons mayonnaise	Onion salt
1 tablespoon butter	Celery salt
Few drops lemon juice	Salt

Mash protose, add mayonnaise, melted butter and other ingredients and spread on buttered slices of bread. This will make about two dozen sandwiches.

**RIPE OLIVES AND PIMENTO SANDWICHES**

Put fresh crisp lettuce leaves, washed and thoroughly dried, between thin slices of buttered bread. Mix chopped olives and pimentos with mayonnaise and spread on the lettuce leaves.

**RAISIN AND NUT SANDWICHES**

Between thin slices of buttered bread spread chopped raisins and nuts.

## CHAPTER XX.

# BEVERAGES

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### CARAMEL COFFEE

6 tablespoons Caramel                  6 cups water  
Cereal Coffee

Place cereal in perforated aluminum utensil made for the purpose, or in a cheesecloth bag; cover with cold water and let stand all night. Boil half an hour, or an hour. Serve with cream and sugar.

### CHOCOLATE

6 level teaspoons ground               $\frac{1}{2}$  cup hot water  
sweetened chocolate                   $5\frac{1}{2}$  cups milk  
3 level teaspoons sugar                Few grains salt

Boil chocolate and sugar in water five minutes and add to milk previously heated to boiling point in double-boiler. Beat two minutes with Dover egg-beater. Serve with whipped cream if desired.

### CHOCOLATE EGG-NOG

2 squares Baker's chocolate      4 drops vanilla  
 $\frac{1}{2}$  cup boiling water                   1 cup milk  
2 tablespoons sugar                  Dash of cinnamon  
1 egg

Melt chocolate in water, add sugar, boil until consistency of cream, add flavoring and cool. Beat egg well, add milk and a tablespoon of the chocolate sauce. This sauce may also be used in malted milk.

### COCOA

3 level teaspoons cocoa               5 cups milk  
3 level teaspoons sugar               Few grains salt  
1 cup water

Place cocoa and sugar in saucepan, pour over it the hot water and boil ten minutes. Bring milk to boil in double-boiler, add cocoa, beat two minutes with Dover egg-beater. This prevents scum. Serve with cream and sugar.



**JUNO MATÉ**

Maté, or Paraguay Tea, consists of the dried leaves of an evergreen shrub or small tree which grows in Paraguay and southern Brazil. It appears to have been used from time immemorial by the Indians, but first cultivated by the Jesuits. The names Jesuit's tea, tea of the Missions, St. Bartholomew's tea, etc., have been applied to it. Since the beginning of the 17th century Maté has been used by all classes in Paraguay and is now used throughout Brazil and neighboring countries. It contains definitely less caffeine, as prepared for drinking, than tea or coffee, and is also less astringent, making it a more desirable beverage. It is usually carried by the Sanitarium Health Food Store, 1176 Market Street, San Francisco.

**JUNO MATÉ**

2 level teaspoons Juno Maté    6 cups boiling water

Place in aluminum tea ball or in cheesecloth bag made for purpose. Make same as tea and serve with cream and sugar. Do not allow this tea to stand more than five minutes as it becomes strong very quickly.

**FRUIT PUNCH**

1 pint lemon juice	1 pint water
1 pint orange juice	3 bananas (sliced)
½ pint Dole's pineapple juice	1 cup strawberries (quartered)
½ pint shredded pineapple with juice	3 bottles Shasta Water
1 quart sugar	Ice

Pour one pint of boiling water on sugar, boil five minutes, set aside to cool. Drain juice from pineapple, boil five minutes, pour over pineapple, cool. Strain lemon and orange juice, place a good-sized piece of ice in punch bowl, add Shasta Water, then fruit and syrup. Loganberry juice may be used to color punch.

## CHAPTER XXI.

# PRESERVING and CANNING

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### APPLE JELLY

Wash and wipe apples, remove stems, put into preserving kettle, nearly over with cold water, cook very slowly until apples are tender. Pour into jelly bag and drain thoroughly but do not squeeze. Measure juice, allow one pound of sugar to every pint of juice. Boil juice twenty minutes, add sugar which has been heated on a platter in the oven. Stir until sugar is dissolved. Boil five minutes or until it jellies. A rose geranium leaf cooked with the apples gives a pleasant flavor.

### CARROT MARMALADE

1½ pounds carrots  
2 lemons

2 pounds granulated sugar

Put carrots through fine food chopper, cook until tender. Cut lemons in very fine pieces, rind and all, remove seeds. Cook fifteen minutes, then put carrots, lemons and sugar into double-boiler and boil until thick, only a few minutes required. Put away as any other marmalade.

### CRANBERRY JAM

1 quart cranberries  
1 pint sugar

½ pint water

Prepare cranberries and boil until skins break, add sugar, boil ten minutes more, put through coarse strainer, pour into moulds.

### CRANBERRY AND RAISIN MARMALADE

1 quart cranberries  
2 cups seeded raisins

1 cup granulated sugar  
1 cup water

Put canberries and water on in a saucepan, cover, bring to boil quickly. As soon as they begin to cook mash through colander, add sugar, then raisins, which have been washed, dried and put through a food chopper, return to fire and boil slowly for thirty minutes or until thick like sauce.

**HOME CANNED TOMATO PUREE**

In tomato time use a large proportion of your extra fruit as follows: Cut up without peeling a large kettleful of tomatoes. Add:

1 quart water	1 bay leaf
2 minced onions	2 stalks celery
1 carrot	2 or 3 cloves
1 turnip	Salt and pepper
1 green pepper minced	Parsley
2 tablespoons sugar	

Simmer for one hour. Rub this mixture through a colander, return to kettle and add two tablespoons sugar, salt and pepper to taste. Boil and can for winter use, for soups, sauce, etc.

**ORANGE MARMALADE**

5 navel oranges	Sugar
3 lemons	Water

Slice oranges and one lemon and cut into squares. To each pound of fruit add two pints of water. Let stand twenty-four hours. Then place over fire, boil hard for forty-five minutes. Set aside twenty-four hours. Weigh and to each pound add one and a half pounds sugar and juice of two lemons. Boil hard until clear and jellylike.

**PEACHES, CANNED**

4 pounds peaches	1 pint water
2 pounds sugar	

Pare peaches and cook in sugar and water, either whole or in halves, until tender. Arrange in jars, fill with the syrup and seal.

**PICKLED PEACHES**

7 pounds peeled peaches	1 pint vinegar
3 pounds sugar	Clove stuck in each peach

Make syrup of sugar and vinegar and when boiling pour over the peeled peaches. Let stand overnight. Then put all on stove and cook until peaches are tender. Remove peaches and boil syrup down to just enough to cover peaches. Seal.

**PINEAPPLE APRICOT CONSERVE**

10 pounds ripe apricots	7½ pounds sugar ( $\frac{3}{4}$ to 1
2 cans grated pineapple	pound fruit)
4 apricot pits	Juice of 1 lemon

Peel apricots, boil one hour, add pineapple. Weigh, subtracting weight of kettle, add three-quarter pound sugar to each pound of fruit, boil three or four hours, or until as thick as desired, stirring often to prevent burning. One-half hour before done add apricot pits, peeled and chopped. This makes about one pint, or two glasses of conserve to each pound of fruit.

**PINEAPPLE HONEY**

5 pints sugar	1 large or 2 small pineapples
1 quart water	

Boil the water and sugar until it makes a thick syrup, add grated pineapple and boil fifteen minutes.

**QUINCE JELLY**

A delicious jelly is made by using equal quantities of quince and apple, and following directions for Apple Jelly.

**RELISH**

12 sweet green peppers	2 cups sugar
12 sweet red peppers	2 tablespoons salt
6 small onions	

Grind peppers and onions, pour boiling water over them, let stand fifteen minutes, drain, cover with cider vinegar and cook for fifteen minutes. Bottle while hot and seal.

**CANNED STRING BEANS**

Break beans in small pieces and blanch in boiling water for ten minutes. Pack in hot Economy jars, fill with warm water, adding one teaspoon of salt to each jar. Rinse lid, adjust clamp, set on rack in boiler and boil forty-five minutes. Set aside for forty-eight hours. Boil again for one-half hour. Set aside to cool. Remove clamps. Put away for winter use.

**CANNED ASPARAGUS**

Wash and scrape fresh asparagus. Pack firmly in jars. Cover with cold water adding one teaspoon of salt to each jar. Dip lid in water, adjust clamp. Set on rack in boiler and boil for two hours. Set aside to cool, then remove clamps.

## CHAPTER XXII.

# HOUSEHOLD HINTS

Left-over bread, toast or biscuits should be thoroughly dried in warm oven, put through grinder and placed in glass jars. No bread need be wasted, as there are many uses for it in puddings, nut loaves, pancakes, gems, etc. A small top oven used on a gas range is a good receptacle for the pan of dry bread until the collection is large enough to grind and put away.

Water in which rice, potatoes and many other vegetables have been cooked should be saved for soups. It is surprising what a variety of nutritious soups may be made by using thought and originality in combining left-overs.

When food is scorched in cooking take the cover off and place the kettle immediately in a pan of cold water. After a few moments, put the food into a clean kettle and finish cooking. You will find that the scorched taste has been removed.

Should boiled custard "whey" in cooking, beat rapidly with a Dover egg-beater just before taking from the stove. This will make it smooth again, but somewhat thinner.

To prevent the "scum" from rising on cocoa or chocolate, beat with Dover egg-beater just before taking it from the fire.

The right proportion of soda to use with sour milk is one level teaspoonful to two cups of milk. If molasses is used, more soda is required.

When cooking onions, cabbage or fish, set a tin cup of vinegar on the stove and keep it boiling. This takes away all odors.

To prevent mush from boiling over, grease the edge of the kettle on the inside, down about two inches.

It is well to keep on hand in summer a good supply of paper napkins to use when fruit is served. This saves the linen napkins from becoming stained.

A small steel knitting needle kept in the pantry drawer is much more sanitary for trying cakes, etc., than the old-fashioned broom straw. It is also better than a fork for trying vegetables, as it does not break them into pieces.

Empty paste jars which have the well for the brush in the center make excellent dishes to place inside vases or jars, to hold flowers in place.

It is more convenient to use a pitcher in pouring pancake batter on a griddle than to dip it with a spoon.

In making sandwiches, spread soft butter on the end of the loaf before slicing.

Formula for cranberry jam: One-half as much sugar as cranberries, one-half as much water as sugar.

Parsley can be kept if it is chopped very fine and dried. It can then be used just as fresh parsley. Celery tops when dried can be kept and used as flavoring.

Green peas retain their color when cooked in boiling salted water.

Potatoes may be cooked without waste if started in boiling salted water. Bring to a boil quickly, then allow to boil very slowly until done. Do not allow them to stop boiling.

String beans should be started in boiling water. Pour off the first water after ten minutes and start again.

To remove skins from tomatoes, stick a fork into them, hold over gas flame, when skin breaks remove with knife.

To clear coffee, put one pound of coffee into a flat pan, break into it one egg. Stir with fork until well mixed, let stand one hour, put into can, ready for use.

To remove grass stains, wash in alcohol.

To remove white spots from furniture, dip cloth in hot water, put over spot, quickly remove and rub with dry cloth. Repeat if necessary.

Milk glasses should be rinsed in cold water before washing.

To remove fruit stains, pour boiling water over spot.

Borax is very good to sprinkle over fish to keep it fresh. Wash thoroughly to remove borax before preparing.

When cutting new bread or cake heat knife quite hot.

Use bath brick and vinegar to clean porcelain tub. Polish with cloth dipped in coal oil.

Use lemon or orange peel for flavoring cakes and custards. Do not grate the white part as it is bitter.

Stewed canned corn or tomatoes are improved by adding a pinch of soda. It sweetens them.

Use a large cork for scouring knives with scouring brick.

An ordinary Mason jar cover makes an excellent pot scraper.

A little flour spread over the tops of cakes before they are iced will prevent the icing from running off the cakes.

A little flour sprinkled in the bottom of a pie tin will prevent a berry pie from running over.

Wring chamois out of soapy water without rinsing. When it dries it will be soft and serviceable instead of stiff.

Half a lemon dipped in salt will do all the work of oxalic acid in cleaning copper boilers, brass tea-kettles, and other such utensils.

Coal oil will soften boots and shoes that have been hardened by water.

Keep an oyster shell in your tea-kettle and it will prevent the formation of a crust on the inside of it by attracting the stony particles to itself.

When peeling onions hold them in a pan of cold water during the process. This saves tears.

To revive the luster of morocco, or any other leather, apply the white of egg with a sponge.

Use a little ammonia in dishwater when washing glassware. It will make it sparkle like cut glass.

Wet scorch stains in soapsuds and place in the sun. Wet iron rust with lemon juice and salt and place in the sun. Fresh paint on clothing can be taken off with turpentine.

To keep a cut lemon fresh, place unused portion in a small cup of water, not covering the pulp.





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“ Apricot No. 2 .....	56	“	Ginger .....	59
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“ Blackberry Dumpling ....	57	“	Ice Box .....	60
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“ Carrot .....	57	“	Lemon .....	61
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“ Chocolate No. 2 .....	58	“	Orange .....	61
“ Cocoanut .....	58	“	Snow .....	62
“ Cottage .....	58	“	Sponge .....	63
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“ Farewell .....	59		Sootlach (A Turkish Dish) .....	62

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“ Caramel Pudding .....	64	“	Plum Pudding .....	64
“ Cocoanut Pudding .....	58	“	Lemon .....	65
“ Custard .....	64	“	Orange .....	65
“ Egg .....	64	“	Silver .....	65
“ Golden .....	65	“	Strawberry .....	65
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“ Apple No. 1 .....	48	“	Heart of Lettuce .....	50
“ Apple No. 2 .....	48	“	Onion .....	50
“ Carrot .....	49	“	Pineapple No. 1 .....	51
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“ Corn .....	49	“	Pineapple No. 3 .....	51
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Brosia Meals .....	1	"	Lentil Brosia Meal No. 1...	6
Croutons for Soup .....	5	"	Lentil Brosia Meal No. 2...	6
Dumplings for Soup .....	5	"	Lima Bean .....	3
Puree of Lima Beans .....	7	"	Mock Turtle .....	6
Soup, Asparagus Cream .....	2	"	Oatmeal .....	6
" Barley .....	2	"	Pea Brosia Meal .....	7
" Barley Cream .....	2	"	Potato .....	7
" Bean .....	3	"	Puree of Split Pea .....	8
" Brown Bean .....	3	"	Soubise .....	8
" Celery .....	4	"	Tomato Celery No. 1 .....	8
" Cream of Celery .....	4	"	Tomato Celery No. 2 .....	8
" Cream of Corn No. 1 .....	4	"	"Vegetable .....	8
" Cream of Corn No. 2 .....	4	"	" White Bean .....	3
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# **LIST OF MANUFACTURERS OF VEGETARIAN FOOD PRODUCTS AND STORES WHERE MEAT SUBSTITUTES MAY BE FOUND.**

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Battle Creek, Mich. ....	Protose, etc.
Kellogg Food Co.	
Boulder, Colo. ....	Nut Products
Colorado Sanitarium Food Co.	
Chicago, Ill. ....	Brosia Meals
Calumet Tea & Coffee Co., 409-411 Huron St.	
Chicago, Ill. ....	Grains, etc.
Bernhalter Health Food Co., 423 N. Clark St.	
Des Moines, Ia. ....	Nut Products
Iowa Sanitarium Food Co., 1319 Des Moines St.	
Galveston, Texas ....	Natural Brown Rice
Seaboard Rice Mfg. Co.	
Katy, Texas ....	Natural Brown Rice
J. E. Cabaniss.	
Kansas City, Mo. ....	Nut Foods, Oils, Honey
C. F. Schobert, 1109 Troost Ave.	
Los Angeles, Cal. ....	Figs, Dried Fruits, Nuts
Edw. W. Buehl & Co., 1909 West 21st St.	
Los Angeles, Cal. ....	Dried Fruits, Grains, Nut Products
Otto Carque, 1605 Magnolia Ave.	
Madison, Tenn. ....	Nutfoda
Nashville Food Factory.	
Melrose, Mass. ....	Nut Products, etc.
Imperial Pure Food Co.	
Newark, New Jersey ....	Vegex
J. W. Beardsley's Sons, Frelinghusen Ave.	
Philadelphia, Pa. ....	Whole Wheat Flour
H. J. Clubb, 1023 Foulkrod St.	
Philadelphia, Pa. ....	Nut Foods, Oils, Ko-Nut
India Refining Co., McKean and Swanson St.	
Portland, Oregon ....	Kaola
Cocoanut Products Co., 20th and Roosevelt St.	
San Francisco, Cal. ....	Vegex, Protose, Nut Products, Grains
Sanitarium Health Food Store, 1176 Market St.	
Sanitarium, Napa Co., Cal. ....	Nut Products
Sanitarium Food Co.	
Soho Park, N. J. ....	Nutmargarine
The Nucoa Butter Co.	
San Jose, Cal. ....	Protose, Brosia Meals
House of Rest, 236 N. Sixth St.	









